

GETTING READY FOR A COLONOSCOPY?

Tips on taking PLENVU®



PLENVU® has 2 dosing flavors for a positive bowel prep experience*

It's important to take PLENVU® exactly as prescribed. Your healthcare provider will tell you to take the 2-Day Split-Dosing option or the 1-Day Morning Dosing option.†

When taking PLENVU®, refer to your instructions for use, but keep these steps in mind:



DOSE 1: MANGO



DOSE 2: FRUIT PUNCH

Dose 1 (Pouch labeled Dose 1): _____ at 5:00 PM

1 /



Use container provided to mix PLENVU® powder with at least 16 ounces of water until completely dissolved. This may take 2 or 3 minutes.

- Slowly drink and finish the dose within 30 minutes
- Try drinking it through a straw and have some hard candies or mints (no red, orange, or purple) *

2 /



Refill same container with at least 16 ounces of a clear liquid, like water or lemonade

- Again, finish drinking within 30 minutes

3 /



Drink additional clear liquids between your 2 doses of PLENVU®

- Some examples include water, ginger ale, seltzer, clear broth soups, sports drinks, clear fruit juice, and popsicles (without pieces of fruit or pulp), *Jello, and black coffee.*

Dose 2 (Pouches A & B): _____ at 10:00 PM

4 /



Once it is time for you to take dose 2, **repeat steps 1-3 with Pouch A and Pouch B (to be taken together).**



Remember to wait until the time that your healthcare provider instructed before starting your second dose of PLENVU®.

NOTE: *Nothing by mouth after midnight.*

You'll need to finish both doses of PLENVU® to complete your prep. It is important to take PLENVU® exactly as directed by your healthcare provider. PLENVU® may affect how other medicines work. If you need to take any other medicines by mouth, take those medicines at least 1 hour before starting each dose of PLENVU®.

*Based on diary ratings given by patients who took PLENVU® or Suprep® during a clinical trial. There were no differences between the ratings given for easy-to-follow instructions, easy to drink, effectiveness of bowel cleansing, and interference with normal daily activities

ADDITIONAL HELPFUL TIPS

PLENVU® CAN BE REFRIGERATED

Drink within 24 hours after it's mixed with water



STAY NEAR A BATHROOM

Your first bowel movement will likely happen 1 to 2 hours after you first start taking PLENVU®



AVOID CERTAIN BEVERAGES

Includes alcohol, milk, red or purple colored liquids, or drinks containing pulp



STAY HYDRATED

It is important that you drink clear liquids before, during, and after your prep



WATCH HOW TO TAKE PLENVU®

Scan to visit myPLENVU.com/how-to-take for full dosing instructions and to watch videos about the convenient dosing options for PLENVU®

INDICATION

PLENVU® (polyethylene glycol 3350, sodium ascorbate, sodium sulfate, ascorbic acid, sodium chloride, and potassium chloride for oral solution) is a prescription medication used by adults to clean the colon before a colonoscopy.

IMPORTANT SAFETY INFORMATION

- Do not take PLENVU® if you have a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestine (bowel perforation), problems with food or fluid emptying from your stomach (gastric retention), a problem with food moving too slowly through your intestines (ileus), a very dilated large intestine, or an allergy to any of the ingredients in PLENVU®.

Please see additional Important Safety Information on reverse side and accompanying full Prescribing Information.