

TAKING CLENPIQ

STEPS TO COMPLETE THE PREP

The Split-Dose Regimen

Evening Before

Between 5-9 PM



Drink 40 oz (5 cups) of clear liquids.*
Finish liquids over the next 5 hours.

Morning of

5 hours before procedure



Drink at least 24 oz (3 cups) of clear liquids.
Finish liquids 2 hours before your colonoscopy
or as advised by your doctor.



Hydration is important and it's part of the prep. Make sure to hydrate before you take the prep, while you're taking the prep, and after the prep.

Prep Assistant Use the prep assistant as a guide for completing your prep.

TAKE 2 CAPSULES OF THE SIMETHICONE 180 MG ORAL CAPSULE WITH EVENING PREP

TAKE 1 CAPSULE OF THE SIMETHICONE 180 MG ORAL CAPSULE WITH MORNING PREP

PLEASE DO NOT EAT, DRINK, SMOKE, OR CHEW 3 HOURS PRIOR TO YOUR EXAM!!

*****PLEASE STOP IRON, OR BLOOD THINNERS 5 DAYS BEFORE!*****

Unless specifically instructed otherwise by your physician, keep taking all of your other regularly prescribed medications including aspirin

Someone must be with you to drive you home the day of your procedure.

▶ Do NOT eat or drink after midnight unless instructed otherwise. ◀

**You will need to arrive at:
The Medical Center, Greenview Surgery Center,
or Greenview Hospital**

You have an appointment scheduled for a:

on

**If you experience any complications after 4:30 pm
please call 270-781-5111 to speak with our on call physician.**

If you have any questions regarding this appointment or need to reschedule,
please contact our office at your earliest convenience. Thank You!

Greenview Regional Hospital

1801 Ashley Circle
Bowling Green, Kentucky 42104
270-793-1000

The Medical Center at Bowling Green

250 Park Street
Bowling Green, KY 42101
(270) 745-1000

Greenview Surgery Center

484 Golden, Autumn Way Ste 100
Bowling Green, KY 42103
270-938-6500



Department of Gastroenterology
484 Golden Autumn Way Suite 201
Bowling Green, KY 42103
Phone: (270) 781-5111 Fax: (270) 780-0475
www.gravesgilbert.com/departments/gastroenterology

Diet Prior to Colonoscopy

If taking Plenvu prep (may consume fiber-free lunch in addition to breakfast)

If taking Clenpiq prep (clear liquids all day, no fiber-free food all day)

On the day prior to the colonoscopy:

Eat a fiber-free breakfast **NO SUBSTITUTIONS TO ANY OF THE FOODS!** as follows:

BREAKFAST

30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)

(for example, you could make 2 grilled cheese sandwiches OR 2 fried egg sandwiches)

½ cup of milk, ¼ loaf of white bread (no more than 4 slices – **WHITE BREAD ONLY)**

1 tbsp of olive oil or butter (used to cook with)

Clear liquids for the rest of the day:

Tea (Hot or Cold)

Water

Colas-Coke, Diet Coke, Sprite, Ginger Ale, etc. Any flavor (**NO RED**)

Bouillon or Clear Broth

Jell-O Plain, no fruit added and any flavor (NO RED)

Popsicles (**NO RED**)

Apple Juice

Gatorade (**NO RED**)

Black Coffee – **no creamer added**

Cranberry juice – this juice is okay because it's a natural red

Grape Juice

Kool-Aid any flavor but **NO RED**

Crystal Light any flavor but **NO RED**

On the day of the Colonoscopy:

Nothing to eat or drink other than colon prep and a sip of water with morning medications.

Exceptions:

If the patient has constipation, then diet instructions may be adjusted by physician