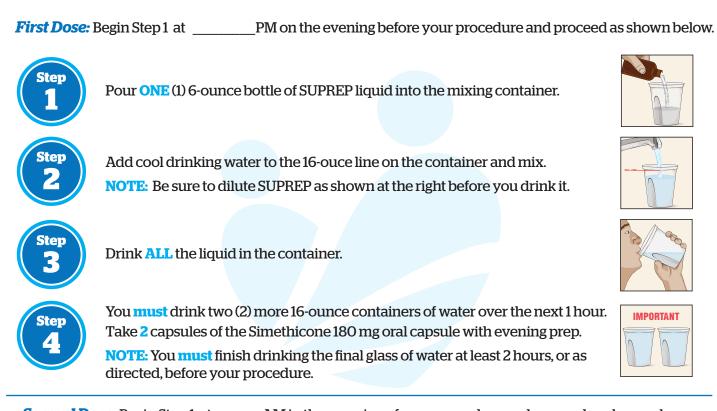
PLEASE DO NOT EAT, DRINK, SMOKE, OR CHEW 3 HOURS PRIOR TO YOUR EXAM!!

PLEASE STOP IRON, OR BLOOD THINNERS <u>5 DAYS</u> BEFORE! Unless specifically instructed otherwise by your physician, keep taking all of your other regularly prescribed medications including aspirin.



Second Dose: Begin Step 1 at _____ AM in the morning of your procedure and proceed as shown above. Take 1 Capsule of the Simethicone 180 mg oral capsule with morning prep



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

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) 739-1000

Greenview Surgery Center

484 Golden, Autumn Way Ste 100 Bowling Green, KY 42103 (270) 781-5111

The Medical Center

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





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 <u>OR</u> 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)

<u>Clear liquids for the rest of the day:</u>

Tea (Hot or Cold) Water Colas-Coke, Diet Coke, Sprite, Ginger Ale, etc. Any favor **(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