

# Clenpiq Preparation Instructions – 2pm, 8pm

## 7 DAYS BEFORE YOUR COLONOSCOPY:

- Discontinue use of the following: Aspirin, Advil, Aleve, Motrin, Ibuprofen, Ecotrin, Nuprin, Indocin, Celebrex, Vitamin E, Multivitamin, Fish Oil (just pill, you can eat Fish), Nuts and Seeds.
- If you are taking blood thinners (Plavix or Coumadin) or diabetes medications, follow the doctor's specific instructions.
- Continue taking your blood pressure medication

## 1 DAY BEFORE YOUR COLONOSCOPY:

- Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration.
- **At 2 pm** (or when your doctor tells you to begin), Drink one bottle of CLENPIQ: Drink CLENPIQ right from the bottle. Drink all of the solution.
- After drinking the 5.4 ounces of CLENPIQ solution, drink an additional five 8oz. cups of clear liquids at a rate that is comfortable to you.
- **At 8pm**, the evening before your procedure (or when your doctor tells you to begin). Drink the second 5.4 oz. of CLENPIQ. As you did in Step 1 above.
- After drinking the 5.4 ounces of CLENPIQ solution, drink an additional (at least) three 8oz. cups of clear liquids at a rate that is comfortable for you.
- You may continue to drink clear liquids as you approach the time of your colonoscopy, but stop all liquids at least 4 hours before the procedure. No chewing gum or hard candy.

### **Clear Liquid:**

- Gatorade, Pedialyte or Powerade Clear Broth or Bouillon
- Coffee or Tea (No Milk or Non-Dairy Creamer)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Other Fruit-Flavored Drinks Strained Fruit Juices (No pulp)
- Jell-O, Popsicles, Hard Candy

### **Not Clear Liquid:**

- *No red or purple items of any kind*  
*No alcohol*
- *No milk or non-dairy creamers*
- *No noodles or vegetables in soup*
- *No juice with pulp*
- *No liquid you cannot see through*

## DAY OF YOUR COLONOSCOPY:

- **Nothing to drink after midnight (this includes water)! You may take your morning blood pressure medication as usual with a slight sip of water. Blood thinners and diabetes medications: follow doctors specific instructions for the day before and morning of your procedure. You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.**
- Bring your medication reconciliation sheet with you. If one was not provided, bring a list of medications you currently take, including the dosage of these drugs, and the last time you took them.
- Bring your insurance card, license and co-pay.
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure.
- An adult must drive your home from your procedure. You will be given medications to sedate you during the procedure and you will be unable to drive home, and for the remaining of the day. Your ride should be in the office to pick you up 1 hour after your scheduled procedure. Even though you may not feel tired, your judgment and reflexes will be impaired.

## COLON CLEANSING TIPS:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 20-30 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. If gas or bloating occurs, you may take one Phazyme tablet after each two glassfuls by mouth for a maximum of 4 tablets.
5. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
6. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

