

Colonoscopy Prep using Clenpiq

THE DAY PRIOR TO YOUR PROCEDURE. Day: _____ Date: _____

You must follow a clear liquid diet all day. LIQUIDS ALLOWED: Water, black coffee, apple and white grape juice, soda, tea, Kool Aid, sports drinks, lemon or lime Jell-O, chicken or beef broth, and popsicles.

NOT ALLOWED: Solid food, milk, alcohol, or anything RED, ORANGE OR PURPLE.

STEP 1

Drink one bottle of Clenpiq. Drink Clenpiq **right from the bottle.**

STEP 2

Drink 5 cups (8 oz each) of clear liquid.
You have from **4:00pm - 10:00pm** to complete this step.

STEP 3

Repeat Step 1. Stay near a toilet. You have diarrhea, which can be quite sudden. This is normal. The stool should eventually be a clear yellow liquid.

STEP 4

Drink at least 3 cups (8 oz each) of clear liquid.
You have until **Midnight** to complete this step.



AT LEAST A WEEK BEFORE YOUR PROCEDURE. Check with your prescribing doctor to make sure it is safe to hold prescription blood thinners. Please get permission to hold Plavix, Coumadin or Warfarin **4 days prior** to your procedure. Please get permission to hold Effient, Pradaxa or Xarelto **2 days prior** to your procedure.

COLON CLEANSING TIPS:

Walking will help move the solution through your body.

If you feel bloated or your stomach feels "full", drink solution slowly. Stop for 1 hour, then resume.

Continue drinking lots of clear liquids until 4 hours prior to your procedure.

Avoid eating corn 4 days prior to your colon exam.

Anal skin irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline® or Tucks® – avoid products containing alcohol.

NPO STATUS: During your procedure you will be administered either anesthesia for sedation. For your safety, it is essential you follow these guidelines:

- **No GUM, CANDY, MINTS, CIGARETTE SMOKING or TOBACCO USE 4 hours prior to your arrival time.**
- **DO NOT DRINK ANYTHING 4 HOURS PRIOR TO YOUR COLON / EGD EXAM.**

THE DAY OF YOUR PROCEDURE:

- If you take insulin or oral diabetic medication, you are advised to **HOLD** and **DO NOT TAKE** on the day of your procedure. Bring it with you.
- Take any routine heart, blood pressure or seizure medications with a **SMALL** sip of water at least two hours before your procedure.

YOU MUST HAVE WITH YOU:

- A responsible adult to drive you home. This individual must be present when you check-in and stay at the facility during the procedure or your procedure will be **CANCELLED**.
- A list of all medications you are now taking, including over-the-counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.

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Any questions, please contact us at:
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