

## CLENPIQ BOWEL PREPARATION - DAY BEFORE AND DAY OF YOUR PROCEDURE

- *Clenpiq RX has been sent to your pharmacy of choice*

### 7 days prior to the procedure:

1. **PLEASE DISCONTINUE** all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin, Plavix. Also, discontinue any NSAID's (nonsteroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, Ibuprofen, Aleve, Advil, etc.  
**\*\*TYLENOL MAY BE TAKEN\*\***
2. If your doctor has prescribed any of the medications listed above, please consult with your doctor before discontinuing.
3. If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

### 3 days prior to the procedure:

1. AVOID- Corn, Nuts, popcorn, foods with seeds, and large amounts of red meat.
2. Drink plenty of liquids to be well hydrated. This will be helpful for the tolerance of the colonoscopy prep.

### Day before the procedure: SUN MON TUES WED THURS FRI

#### **Do not drink alcohol**

1. Do not eat any solid food. **ONLY** consume clear liquids.
2. **Between 4-6pm:** Drink **ONE** bottle of CLENPIQ solution. Follow with **5 cups (40oz)** or more of a clear liquid of your choice.



3. **CONTINUE** clear liquids throughout the night.
4. If the procedure is **BEFORE 12:00 PM (NOON):** **Between 7-9pm:** Drink the **other bottle** of CLENPIQ solution. Follow with **4 cups (32oz)** or more of a clear liquid of your choice.

**OR**

If the procedure is **AFTER 12:00 PM (NOON)**, 6 hours prior to your procedure time (day of procedure) – Drink the other bottle of CLENPIQ solution. Follow with **4 cups (32oz)** or more of a clear liquid of your choice within **two hours**.



### Day of Procedure:

You will continue a clear liquid diet up until **FOUR HOURS** prior to your scheduled procedure time.

Take your usual blood pressure and heart medication prior to fasting period. If you have asthma, please bring your inhalers with you.

**Patients with Diabetes:** Decrease Insulin dose by 1/3-1/2 on the day of the bowel preparation, and NO Insulin on the day of the procedure. Patients on Oral Diabetes meds: NO Oral Diabetes Meds on the morning of the procedure day.

You will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. This preparation will cause multiple bowel movements. Consider using **Vaseline, Aquaphor or diaper rash cream/ zinc oxide** around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements.

**Make arrangements for a responsible adult 18+ or medical transport to drive you home after your colonoscopy.** You may **NOT** use a bus, taxi, or a rideshare application such as an Uber, without a responsible adult to accompany you to your home. You are **NOT** to drive for the remainder of the day. Please expect to spend up to **3 hours** (from check in time) at the facility.

### CLEAR LIQUID DIET

#### Beverages:

Coffee (no cream)

Tea

7UP / Sprite/ Ginger Ale

Apple Juice/ White grape juice

Lemon-Lime Gatorade / Crystal Light

Lemonade

#### Soups:

Bouillon

Fat Free chicken broth

Clear broth

#### Sweets & Desserts:

Apple sauce

Honey

Sugar

Green/Yellow/ White Popsicles

Butterscotch Candy

Hard Candy (Green, Yellow, or Clear)

Jolly Ranchers (Green, Yellow, or Clear)

Jell-o (Plain, Lemon Lime, or Pineapple (no chunks))

**NO RED, PURPLE, OR BLUE DYES**

**NO SOLID FOODS**

**CLEAR LIQUIDS ONLY**

**Deviating from this diet will prevent adequate preparation of the colon for the exam and can result in needing to repeat the procedure at a later date.**