

REMINDER

Nothing to
drink 6 hours
prior to your
procedure
time.

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. If you are taking **blood-thinning medications** (i.e., Coumadin or Plavix), please continue them until you are given instructions from our office regarding when to stop. ****TYLENOL MAY BE TAKEN****
PLEASE DISCONTINUE Iron Supplements
2. **PLEASE DISCONTINUE** all GLP-1 medications including but not limited to semaglutides, Mounjaro, Ozempic, Wegovy, Rybelsus, tirzepatides, Mounjaro, Zepbound, Byetta, Bydureon, Victoza, Saxenda, Trulicity
3. If your doctor has prescribed any of the medications listed above, please consult with your doctor before discontinuing.
4. 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.**
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. Do not eat any solid food. ONLY consume clear liquids.

PLEASE NOTE THERE ARE TWO BOTTLES FOR THIS PREP

1. **Between 4-6 pm:** Drink the **FIRST** bottle of CLENPIQ solution. Follow with **5 cups (40oz)** or more of a clear liquid of your choice. (Preferably containing electrolytes such as Gatorade or Pedialyte, etc)
2. Instructions for **SECOND** bottle of CLENPIQ solution. Follow section **A** or **B** based on scheduled time of Procedure
 - A. If your procedure is **BEFORE 12:00 PM (NOON):** **Between 7-9 pm:** Drink the **SECOND bottle** of CLENPIQ solution. Follow with **4 cups (32oz)** or more of a clear liquid of your choice. (Preferably containing electrolytes such as Gatorade or Pedialyte, etc)
 - B. If your procedure is **AFTER 12:00 PM (NOON):** 8 hours prior to your procedure time (day of procedure) – Drink the **SECOND** bottle of CLENPIQ solution. Follow with **4 cups (32oz)** or more of a clear liquid of your choice within **two hours**. (Preferably containing electrolytes such as Gatorade or Pedialyte, etc)

Day of Procedure:

You can continue a clear liquid diet up until **SIX 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 **1-1.5 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:

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 CHEWING TOBACCO

NO RED, PURPLE, OR BLUE DYES

NO SOLID FOODS

CLEAR LIQUIDS ONLY

No Dairy Products

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.