

**PREP INSTRUCTIONS FOR COLONOSCOPY
WITH CLENPIQ**

Please Read Carefully

BEFORE PROCEDURE: Please read through **ALL** of the instructions that were sent to you. **PLEASE DO NOT FOLLOW THE INSTRUCTIONS ON THE CLENPIQ BOX. PLEASE USE THE FOLLOWING INSTRUCTIONS.** If you have any questions, please feel free to call our office at (817) 424-1525.

You will need to obtain your prescription for CLENPIQ from your pharmacy. A coupon can be downloaded from www.clenpiq.com which will lower your co-pay amount at the pharmacy.

Note: Individual responses to laxatives do vary. This prep may cause multiple bowel movements. We recommend that you use Vaseline or a lotion as you wipe to prevent anal irritation.

GENERAL INSTRUCTIONS:

- Follow these instructions carefully, NOT the ones on the prep box
- Follow instructions given to you about any changes to your medications. Unless instructed otherwise, do NOT stop your aspirin.
- Pay close attention to the diet and medication instructions noted below. You may be making medication or diet changes up to 7 DAYS prior to your procedure.
- You should NOT have ANYTHING do EAT or DRINK after midnight except your bowel prep, and no liquids at all for FOUR HOURS prior to your exam.
- If you do not follow these directions your colonoscopy **WILL BE CANCELLED.**

5-7 DAYS BEFORE THE EXAM:

- You will likely have to stop BLOOD THINNERS prior to your exam. Your doctor will tell you how long you will need to be off the blood thinners before and after the exam. Unless instructed otherwise, DO NOT stop your aspirin.
- Discontinue fiber supplements and any medications containing iron (Metamucil, Citrucel, multivitamins with iron, etc).
- IF YOU ARE DIABETIC, contact your primary care physician for instructions on how to take your medications on the day of the preparation and the procedure day.

3 DAYS BEFORE THE EXAM:

- Stop eating all high fiber foods: No raw fruits or vegetable, whole grain wheat or multi-grain foods, nuts, popcorn, seeds, bran, bulking agents.

DAY BEFORE PROCEDURE:

1. Drink only “clear liquids” for BREAKFAST, LUNCH, AND DINNER.
2. **NO SOLID FOODS, NO MILK, NO MILK PRODUCTS**

CLEAR LIQUIDS INCLUDE:

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Water

- Clear broth and bouillon
- Coffee or tea (without milk or non-dairy creamer)

Also allowed, **AS LONG AS THEY ARE NOT COLORED RED OR PURPLE:**

- Gatorade
- Carbonated and non-carbonated soft drinks (Coke, Dr. Pepper, etc.)
- Kool-Aid (or other fruit flavored drinks)
- Plain Jell-O (without fruit or toppings)
- Ice popsicles

The CLENPIQ will be given as a SPLIT DOSE regimen. Complete steps 1 through 4 using one packet in your CLENPIQ kit. Begin your first dose the evening before your procedure at 6:00 pm.

TO OPEN THE CLENPIQ BOTTLE, BREAK THE SEAL FIRST, THEN TURN TO OPEN CAP

6:00pm

First Dose:

1. Drink first container of Clenpiq
2. Drink **ALL** the liquid in the container
1. Follow with FIVE (5) 8-oz cups of clear liquid within the next 2 hours

5 hours prior
to arrival at
facility

Second Dose:

1. Drink second container of Clenpiq
2. Follow with THREE (3) 8-oz cups of clear liquid within the next hour.
3. You must complete your prep 4 hours prior to arrival

DAY OF EXAM:

- If you are on heart or blood pressure medications, take them with a sip of water 2 hours or more before the exam.
- Otherwise, **NOTHING** BY MOUTH, after midnight **EXCEPT** for your second dose of Clenpiq, accompanying clear liquids, and a sip of water with medication as instructed above. The second dose of prep should be **finished** 4 hours **prior** to arrival.
- You will be in recovery for 30-60 minutes after the exam.
- You will need a driver to return home. You should **NOT** drive, work, exercise, or drink alcohol for the rest of the day after your exam.

TIPS FOR A GOOD COLONOSCOPY PREPARATION

- Make sure you receive your colonoscopy prep and the appropriate instructions well before your procedure date, and read them completely as soon as you get them.
- Arrange for the time and privacy you need to complete the prep with as little stress as possible. Clear your schedule, and be at home on time to start your prep. If you have children or aging parents who need attention, have someone else be available to them while you're indisposed.
- Water can get boring, so keep a variety of clear liquids on hand. On the day before your colonoscopy — when you're restricted to clear liquids — you can have popsicles, Jell-O, clear broth, coffee or tea (without milk or creamer), soft drinks, Italian ice, or Gatorade. But take nothing with red or purple dye. Drink extra liquids before, during, and after your bowel prep. Hydration is important!
- Wear loose clothing, and stay near the bathroom. Better yet, once the preparation starts to work, stay *in* the bathroom — because when the urge hits, it's hard to hold back. Consider setting up shop near the toilet with music, your laptop, magazines, or books
- To make a bad-tasting liquid prep easier to swallow, try one or more of the following: drink it chilled; drink it through a straw placed far back on your tongue; hold your nose and drink it as quickly as possible; quickly suck on a lemon slice after you finish each glass; hold a lemon or lime under your nose while you drink; suck on a hard candy after each glass.
- The clear liquid diet and preparation are not pleasant ways to spend a day but your exam is only as good as your preparation. A poor preparation may result in missed lesions and could result in you having to repeat your procedure much sooner than would otherwise be needed. A good preparation will maximize our ability to locate and remove any pre-malignant lesion and will ensure that we give you the longest possible interval before needing to repeat your exam!