



Clenpiq Colon Prep Instructions

The purpose of this prep is to clean your colon. The cleaner your colon is prior to your exam, the more likely we are to locate any abnormalities.

- At first appointment tell your doctor if you are taking any blood thinner/coagulant medications other than aspirin.

Several days before procedure:

- Pick up your prescription for Clenpiq at your pharmacy (a prescription has been sent to your pharmacy).
- Purchase over the counter 125 mg of Simethicone (Gas X)
- It is very important that you remain well hydrated for a number of days prior to and after the procedure. Gatorade® or sports drinks will result in better hydration than drinking just water alone.

Three days before procedure:

- Avoid corn, popcorn, raw vegetables, raw fruits, and foods with seeds or nuts.

Day before / 24 hours before procedure:

- After waking in the morning, start a clear liquid diet, drinking at least 1 large glass {8 oz.} of clear liquids every hour until you go to bed. You may not have any solid foods until after your colonoscopy. No liquids with red, blue, purple, or orange coloring. No alcohol. Consume only:

- | | |
|---------------------------------------|---------------------------------|
| ○ Apple Juice | ○ Italian Ice (no fruit pieces) |
| ○ Black Tea/Coffee (No Milk or Cream) | ○ Jell-O |
| ○ Broth | ○ Popsicles |
| ○ Crystal Light | ○ Soda |
| ○ Fruit Juice <i>without</i> Pulp | ○ Water |
| ○ Gatorade / Sport Drinks | ○ White Grape Juice |
| ○ Hard Candy | |

5:00 pm night before procedure:

- Drink one 160 ml bottle of Clenpiq. You may drink this right from the bottle making sure you consume ALL the liquid.
- Follow this dose by drinking five (5) 8 ounce cups of clear liquids using the cup provided, taken at your own pace, within the next 5 hours before bed

Five hours before procedure (you may need to wake during night):

- Drink the 2nd 160 ml bottle of Clenpiq. You may drink this right from the bottle making sure you consume ALL the liquid.
- Follow this dose by drinking three (3) 8 ounce cups of clear liquids using the cup provided over the next 2 hours.
- After consuming remainder of prep, take 125 mg of Simethicone (Gas X).

Three hours before procedure:

- Nothing further by mouth, with the exception of any medications. Medications may be taken with small sips of water.

Day of procedure:

- You will need a ride home from the hospital. Hospital policy requires a responsible person over the age 18 to provide transportation after your procedure. Taxis and public transportation are not acceptable. Failure to comply may result in cancellation of your procedure.
- Drink at least 6 more 8 oz. glasses of clear liquid prior to bedtime.

Day following procedure

- May begin driving or operating machinery.