



Boy A Test

CLENPIQ PM - Colonoscopy Preparation Instructions

Appointment Date: **Check-In Time:** **Procedure Performed by:**

You will need:

- Your Clenpiq bowel prep. Please pick up ahead of time. This prescription was sent to your pharmacy when your procedure was scheduled. *Please contact our office if the prescription is not covered or has a high cost*
- Gas-X Extra Strength tablets/capsules/chewable (Ok if tablets are pink) or generic equivalent (simethicone 125mg). Purchase over-the-counter. You will need 8 of these.

Special Medication and Diabetic Directions: See separate instructions.

One week before

- Stop taking iron pills, vitamins or herbal supplements in the pill form.
- Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen and Tylenol are OK if needed.
- Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

Two days before

- Stop taking fiber supplements: Metamucil, Citrucel, etc.

1 Day before your colonoscopy

When you awake, begin Clear Liquid Diet. No Solid Food. You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon or clear broth, popsicles, and JELL-O.

Avoid the color red in all liquids. Avoid alcohol.

6 PM - Drink one bottle of Clenpiq. Drink Clenpiq straight from the bottle. Do not refrigerate or freeze Clenpiq. Stay extremely close to your restroom.

Take 4 GasX pills.

Over the next 5 hours drink 5 cups (8 oz each) of clear liquids.

Day of your colonoscopy

Continue Clear Liquid Diet. No Solid Food.

5-6 hours prior to your check in time: Drink one bottle of Clenpiq. Drink Clenpiq straight from the bottle. Do not refrigerate or freeze Clenpiq. Stay extremely close to your restroom.

Take 4 GasX pills.

Drink at least 3 cups (8 oz each) clear liquids. Finish clear liquids at least 4 hours before your procedure.

Take your regular morning medications at least 2 hours before your appointment. Please do not take any narcotics or controlled substances, which includes some anxiety medications until after your procedure.

No chewing tobacco for 6 hours prior to procedure.

DO NOT put ANYTHING in your mouth the 2 hours before your procedure.

This includes but is not limited to: bowel prep, medication, hard candy, and chewing gum.

No Food. No Drink. 2 hours.

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive

you home and remain with you for 6 hours.

If these instructions have not been followed your appointment may be delayed or cancelled.

If you received these instructions by email, you will also receive an attachment with additional. important information.