

CLENPIQ Constipation AM - Colonoscopy Preparation Instructions

Appointment Date:

Check-in Time:

Procedure Performed by:

You will need:

- **Clenpiq** bowel prep. Please pick up ahead of time. This prescription was sent to your pharmacy when your procedure was scheduled. Please follow these instructions and not what is included with your prep kit.
- Please contact our office if the prescription is not covered or has a high cost
 - **Magnesium Citrate** - One 10oz. bottle (No Red). This is available over the counter in the laxative section.
 - **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.

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.

5:00 pm: Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

1 Day before your colonoscopy

Continue Clear Liquid Diet. No Solid Food.

4 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.

11 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 2 hours drink 3 cups (8 oz each) of clear liquids.

Day of your colonoscopy - No Solid Food.

Take your regular morning medications at least 2 hours before your appointment.

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.