



TC1 Test

CLENPIQ Constipation PM - 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 and any oil-based vitamins/supplements (A, D, E, or K, fish oil, etc.) in a 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 (preferred) or CLEAR broth (no oil-based broth, especially Swanson brand), 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.

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 2 hours before your procedure.

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

No smokeless tobacco/nicotine product of any kind - within 6 hours of your 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. They must remain on campus for the duration of your appointment.

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.