

## **CLENPIQ BOWEL PREPARATION – SPLIT DOSING**

**USE ONLY THESE INSTRUCTIONS AND DISREGARD ALL OTHER INSTRUCTIONS!**

### **5 DAYS BEFORE YOUR COLONOSCOPY**

- Read all prep instructions
- Stop herbals, vitamins, and oral iron supplements
- Arrange for a driver to take you to and from the procedure

### **2 DAYS BEFORE YOUR COLONOSCOPY**

- Pick up CLENPIQ from your pharmacy.
- Confirm that you have a driver to take you home following your procedure
- **AVOID ALL NUTS AND SEEDS!**

### **DAY BEFORE YOUR COLONOSCOPY**

- **NO SOLID FOOD OR ALCOHOL.** You may have clear liquids all day. Drink 8 ounces of liquids every hour.
- **EXAMPLES OF CLEAR LIQUIDS INCLUDE: No Red or Purple:** Gatorade – Water – Sports Drinks – Popsicles – Tea – Coffee – Broth – Sodas – Clear Fruit Juices (without pulp) – Jell-O – Hard Candies (i.e., life savers or lemon drops)
- **AVOID ALL NUTS AND SEEDS! NO MILK OR MILK PRODUCTS**
- **At 5pm, Start taking CLENPIQ plus 5 cups of clear liquids, finish the liquids over the next 5 hours.**
- **You are encouraged to continue to drink clear liquids until you go to bed.**
- You may experience some abdominal bloating and distension before the bowels start to move. If severe discomfort or distension occurs, please call our office.

### **DAY OF YOUR COLONOSCOPY – NO SOLID FOOD OR ALCOHOL**

- Take your morning medications – No aspirin or NSAIDS (Motrin, Aleve, Ibuprofen, etc.) until after the procedure.
- If your procedure is in the early morning, you will need to get up 4 hours before the scheduled procedure time to drink the second dose of your CLENPIQ followed by 5 cups of clear liquids.
- **4 HOURS BEFORE THE PROCEDURE: Drink the CLENPIQ and 5 cups of clear liquids over the next hour.** AT THIS TIME, STOP DRINKING ANY ADDITIONAL FLUIDS. **You should have nothing by mouth for 3 hours before your procedure start time.**
- You can let your driver know you will be at the endoscopy center a total of about 1-1/2 hr. from the time of arrival.

### **AFTER THE COLONOSCOPY**

- We will call your ride as soon as the procedure is completed. You will be ready to go home within a half hour after the end of the procedure.
- Unless told otherwise, you will be able to return to your usual diet medications. If for some reason there are restrictions on food or medications, the doctor and/or nurse will go over them with you.
- Try to drink at least four 8 oz. glasses of fluids before bedtime.