



CLENPIQ COLON PREP INSTRUCTIONS

Split Dose

1 WEEK BEFORE EXAM

- Please inform your doctor if you take insulin, diabetes medications, clopidogrel (Plavix), warfarin (Coumadin), Pradaxa or other blood thinners.
- Please follow your doctor's specific instructions regarding these medications.
- Pick up the colon cleansing medication from your pharmacy.

3 DAYS BEFORE EXAM

- **Do not eat** fruits, corn, beans or any food with seeds

1 DAY BEFORE EXAM (Date) _____

- **No solid food all day** – only **clear liquid diet (NO RED OR PURPLE color)**, including:
 - Water, clear broth, coffee or tea (without milk or creamer)
 - Sport Drinks such as Gatorade, Powerade, Propel or Vitamin Water (NO RED OR PURPLE)
 - Fruit flavored drinks such as Crystal Light, Kool-Aid, Capri Sun (NO RED OR PURPLE)
 - Apple juice, white cranberry juice, carbonated beverages or soda (NO RED OR PURPLE)
 - JELL-O, Italian ices, ice popsicles, sorbet, hard candy (NO RED OR PURPLE)
 - NO juice with PULP or MILK
- **BOWEL PREP INSTRUCTIONS:**
 - At 6pm, Drink ONE bottle of the Clenpiq bowel prep solution. Drink the entire contents of the bottle
 - At your own pace over the next 5 hours, drink FIVE (5) 8oz glasses of clear liquids.
 - Continue clear liquid diet until midnight-no solids!

DAY OF THE EXAM (Date) _____

- **FIVE HOURS** (_____ **AM**) prior to your scheduled procedure time, Drink the remaining bottle of Clenpiq bowel prep solution. Drink the entire contents of the bottle.
- At your own pace over the next 2 hours, drink at least FIVE (5) 8 oz. cups of clear liquids and stop 3 hours before scheduled procedure time.
- DO NOT EAT ANY SOLID FOOD.
- DO NOT DRINK ANYTHING **3 HOURS** (_____ **AM**) PRIOR TO YOUR PROCEDURE
- Please take your heart and blood pressure medications with a small sip of water.
- Please arrive to the outpatient surgery center/ hospital **1.5 hours** before your procedure time.
- Please make sure you have an adult over the age of 18 with you the ENTIRE TIME of the procedure.