



Patient Information Sheet for Bowel Preparation
With **CLENPIQ** Bowel Prep Kit*

- **Your colonoscopy preparation kit was electronically sent to your pharmacy at the time of your pre-op visit in our office. Please pick this kit up as soon as possible so that the pharmacy does not re-shelve it.**
- **You will need to purchase three Bisacodyl laxative tablets (5mg) that are not included in this kit. You will find these in the laxative section at your pharmacy.**
- **DO NOT REFRIGERATE YOUR PREP**

Five (5) days before your procedure:

1. Stop taking aspirin, aspirin containing products, or other anti-inflammatory drugs (such as Ibuprofen, Naproxen, or Aleve). Do not take iron supplements or Vitamins with iron.
2. If you take medications for diabetes or anticoagulants (blood thinners) such as Coumadin & Plavix, you should check with your Primary Care or prescribing physician as to how these medications should be adjusted for this procedure.
3. You **MUST** arrange transportation home with an adult companion. The companion will be required to come to the lobby of the procedure center to pick you up. You will not be allowed to leave the center unattended. If you have arranged for a ride with Uber, Lyft, or a Taxi, you must still have an adult companion to accompany you.

The day before your procedure:

1. You may have only clear liquids for breakfast, lunch and dinner. This includes:

- Clear broth
- Water
- Apple juice or white grape juice
- Gatorade or other sports drinks (**not red or purple**)
- Popsicles or Italian ice (**not red or purple**)
- Jello (**not red or purple**)
- Tea
- Coffee **without** creamer or dairy products
- Regular or diet ginger ale, Sprite, or 7-Up (**no cherry flavor**)
- Clear hard candies

You should not eat any solid foods, milk, or milk products. Sports drinks, such as Gatorade or PowerAde, are encouraged as they help keep you well hydrated.



The evening before your procedure

1. Take three bisacodyl tablets between **4:00 and 6:00pm**
2. **Between 7:00 and 8:00pm** drink the entire contents of **ONE** bottle of **CLENPIQ**. No mixing or shaking is required, and you may drink the **CLENPIQ** straight from the bottle. You should not drink the **CLENPIQ** any sooner than two hours after taking the bisacodyl tablets.
3. **Using the cup included in your prep kit, you must drink at least five (5) 8-ounce glasses of clear liquid after finishing the bottle of Clenpiq.**

Note: Drinking sips of ginger ale helps reduce any nausea that you may experience.

The morning of your procedure:

4. In the morning, **five** hours prior to your scheduled exam start time, drink the second bottle of **CLENPIQ**. Again, no mixing or shaking is required, and you may drink the **CLENPIQ** straight from the bottle.
5. **Using the cup included in your prep kit, you must follow with at least three (3) 8-ounce glasses of clear liquid, finishing at least four hours prior to your procedure time.** (For example, for an 8:00am procedure, you may not have anything to eat, drink, smoke, or chew after 4:00am).
6. You may continue to have clear liquids up until **FOUR (4) HOURS** prior to your examination.

*******YOU MUST NOT EAT, DRINK, SMOKE OR CHEW ANYTHING (INCLUDING GUM OR HARD CANDIES) WITHIN FOUR (4) HOURS OF YOUR SCHEDULED PROCEDURE. *******

If you eat or drink anything, even a sip of water within 4 hours of your procedure start time, your procedure will be cancelled.

Preparing for your Colonoscopy **Helpful Information**

- Remember the goal of the prep is to get cleaned out. When the color of what you are passing is clear or cloudy yellow with some flecks, then you are clean. If you are passing brown stool or brown water then you may not be adequately prepared. **However, you must still do the second dose as directed the morning of your procedure even if you are clear the night before.**
- Nausea may occur during your preparation. Drinking small sips of ginger ale will help alleviate this.



- It is helpful to apply Vaseline around the rectal area, use Desitin, Anusol, Tucks pads, or other similar ointment/lotion to reduce the irritation from frequent bowel movements during the preparation.
- Do not take any antacids for at least twelve hours prior to your procedure time.
- **If you take blood pressure (except diuretic or water pills) or heart medication, please make sure to take the morning dose at least 4 hours prior to your procedure start time. If you take a diuretic or water pill, do not take it on the day of your procedure.**
- Let your doctor know if you take diuretics (water pills), as you may need additional Potassium supplementation.
- If you take insulin/diabetic medications, Coumadin or Plavix, please check with your primary care or prescribing physician as to how to adjust these medications for you procedure.
- Do not use any Aspirin, Aspirin containing products, or other anti-inflammatory drugs (such as Ibuprofen, Naproxen, or Aleve) for five (5) days prior to your procedure.
- Let your doctor know if you have had a previous heart valve infection, currently have a prosthetic heart valve, or have had a recent joint replacement. You may require antibiotics prior to your procedure.
- Let your doctor know if you are allergic to any medications, or if you have had any reactions to Diprivan (propofol), Demerol (meperidine), Valium (diazepam), Versed (midazolam).
- You may feel bloated after your procedure because of air used during the examination. Belching, walking, lying on your left side, or passing flatus, should help.
- The medication used for sedation often causes amnesia for the period of the procedure and for a short time thereafter. You may therefore not remember the details of what happened or what your doctor explained to you afterwards. If this is the case, please contact our office to review the findings of your procedure. If a biopsy was taken, these results are typically available within 5-10 business days.
- If you should have any other questions, please do not hesitate to contact the office at 301-251-9555.

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