

**CLENPIQ PREP INSTRUCTIONS
FOR COLONOSCOPY OR COLONOSCOPY/EGD**

PATIENT: _____ **ARRIVE AT:** _____ **ON** _____

FOR A PROCEDURE APPOINTMENT WITH DR. _____

√ **5 DAYS BEFORE THE PROCEDURE:**

- **Please read through this entire instruction sheet.**
- Pick up the prepping solution prescription and 2 (5mg.) Bisacodyl/ Dulcolax tablets from the pharmacy.
- Schedule a ride home. Every patient must be escorted home by a personal friend, family member or caregiver (over 18 years old). The escort should arrive to the facility one (1) hour after the procedure appointment time.
- Patients scheduled after 3:00 pm must have an escort on site by 4:30 pm.
- A cancellation fee of \$ 150.00 may be charged if the patient reschedules or cancels within five (5) business days, before the procedure appointment.

√ **MEDICATIONS**

- Do not take iron supplements for five (5) days prior to the procedure.
- Aspirin, diabetic medications/insulin, anticoagulation medications, heart medications, blood thinners; must be discussed with your Physician, Nurse Practitioner or Physician Assistant at the time of the pre-procedure office visit.
- Specified medications should be taken the morning of the procedure, as prescribed, **3 or more hours prior to the procedure start time with a small sip of water.**
- Do not stop any medications unless instructed.

√ **3 DAYS BEFORE THE PROCEDURE:**

- Adjust your diet to prepare for the procedure. Stop eating high fiber foods including, seeds, quinoa, nuts, beans, corn/popcorn, raw fruits, raw vegetables and bran for **three (3) days prior** to the procedure.

√ **THE DAY BEFORE THE PROCEDURE:**

- This procedure requires that you follow the following diet(s) on the day before the procedure. Your doctor will determine which diet you should follow.

- | | | | |
|--|-----------|-------|----------------------|
| <input type="checkbox"/> Clear Liquid Diet | Breakfast | Lunch | Dinner |
| <input type="checkbox"/> Low Residue Diet | Breakfast | Lunch | Dinner – before 6 pm |

ALLOWED ON A CLEAR LIQUID DIET: apple juice, white grape and white cranberry juice, broth, tea, coffee without milk, creamer, Jell-O, Italian Ices, popsicles, sodas, Kool-Aid, Gatorade, and water.

You may continue these clear liquids up until 4 hours prior to your procedure.

NOT ALLOWED ON A CLEAR LIQUID DIET: red, orange, and purple colored liquids, as well as the following products, milk, cream, soy milk equivalent, artificial creamer, juices containing pulp (i.e. orange, grapefruit, pineapple, tomato & V-8 juice). Solid foods are not allowed on a clear liquid diet.

ALLOWED ON A LOW RESIDUE DIET: Ensure, Boost, eggs and plain or flavored yogurt without seeds or nuts. NO other foods are allowed on this diet.

CLENPIQ PREP INSTRUCTIONS – DO NOT FOLLOW THE INSTRUCTIONS ON THE BOX

√ FOLLOW THE TABLE BELOW THE DAY PRIOR TO THE PROCEDURE:

First Dose – Part 1 4:00 pm the day before the Procedure	Take 2 (5mg.) Bisacodyl/ Dulcolax tablets with one (8 oz.) glass of water.
First Dose – Part 2 6:00 pm the day before the Procedure	Drink one (1) bottle of Clenpiq directly from the bottle. Follow with 5 (five) 8 oz. drinks of clear liquid using the cup enclosed. Drink at your own pace within the next 3 hours.

√ FOLLOW THE TABLE BELOW SIX (6) HOURS PRIOR TO THE PROCEDURE:

Second Dose Six (6) hours prior to your scheduled procedure time _____	Drink one (1) bottle of Clenpiq directly from the bottle. Follow with at least 3 (three) 8 oz. drinks of clear liquid using the cup enclosed. Drink at your own pace within the next 3 hours.
Four (4) hours before your scheduled procedure time _____	You must be finished drinking 4 hours prior to your scheduled procedure time.
Additional Instructions:	

√ WHAT TO EXPECT:

- Expect to have frequent bowel movements and diarrhea within 1-3 hours. Be patient and try walking around to stimulate bowel motility. Remain near a restroom.
- Expect that some patients will have a delayed response. If you have not moved your bowels within 3 hours after taking the first dose then call the office.
- Expect to pass clear or yellow fluid at the completion of your prep.
- You must also take the second dose of the prep even if you are passing clear or yellow fluid.
- Expect that patients who do not fully complete their prep and are not adequately prepared may be canceled or rescheduled.

√ WHAT TO DO TO MAKE PREPPING EASIER:

- Patients can use Desitin, Anusol, Tucks pads or Vaseline to coat the rectal area to avoid irritation during the prep.
- Patients can drink the solution with a straw or hold your nose when drinking.
- Patients should slow down and take time between doses if feeling nauseous.
- Patients may continue drinking clear liquids up to four hours before the procedure. During the 4 hours before your procedure, take nothing by mouth, not even water, chewing gum or candy. **If you do, the procedure will be canceled.**

√ LAST MINUTE CHECK LIST:

- If a physician has prescribed for you an inhaler for asthma, bring it with you to the procedure.
- **Take your blood pressure, Parkinson's, seizure or asthma medications. Please take these medications 3 or more hours prior to the procedure start time with a small sip of water.**
- Bring with you your photo ID, insurance cards, co-payment if required.
- Leave valuables and jewelry at home and wear comfortable clothing.
- Avoid wearing perfume or lotions on the day of your procedure.

PLEASE LIST:

NAME OF ESCORT HOME: _____ RELATIONSHIP: _____

PHONE NUMBER: _____