

CLENPIQ PREP SOLUTION

10 days prior to your procedure:

- If you need to cancel and reschedule your procedure please do so 10 days in advance to allow your time slot to be utilized by another patient.
- Familiarize yourself with all the instructions provided, contact the office if you have any questions.
- Contact your managing provider if diabetic, or if you are on a blood thinner to advise what steps to take prior to your procedure (unless we have directed you otherwise).

Five days before your procedure:

- Review when you are to hold any blood thinning medications and mark that date.
- Confirm you have a driver over the age of 18 to take you home following the procedure. You cannot take public transportation, such as taxis, Uber, Lyft, etc.
- Purchase the following:
 - Any dietary products for your clear liquid diet.

Day before the examination:

MORNING – Day before examination:

Begin a clear liquid diet at 6:00 AM. Drink at least 8 glasses of water during the day to avoid dehydration.

Clear Liquid:

Gatorade, Pedialyte or Powerade
Clear broth or bouillon
Coffee or tea (no milk or non-dairy creamer)
Carbonated and non-carbonated soft drinks
Kool-Aid or other fruit flavored drinks
Strained fruit juices (no pulp)
Jell-O, popsicles, hard candy

Not Clear Liquid:

No red or purple items of any kind
No Milk or non dairy creamers
No noodles or vegetables in soup
No juice with pulp
No liquid you cannot see through
No solid food

AFTERNOON – Day before examination:

- Between 4:00pm and 6:00pm you will begin your prep.

- Drink the entire first bottle of CLENPIQ. Drink right from the bottle and do not mix with anything else.
- Follow this dose by drinking at least FIVE 8 ounce cups of clear liquids using the cup provided over the next 5 hours.

Day of your examination:

- Do not eat ANY solid food.
- 4 hours before check in for your procedure, drink the entire second bottle of CLENPIQ. Drink CLENPIQ right from the bottle.
- Follow this dose by drinking at least THREE 8 ounces cups of clear liquid using the cup provided.

You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

COLON CLEANSING TIPS

1. Stay near the toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
5. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes, or Tucks pads.
6. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.