

GASTROENTEROLOGY AND HEPATOLOGY CENTER  
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## **CLENPIQ preparation for Colonoscopy Procedure -Split dose**

**\*\*\*Please read 2 weeks prior to your appointment\*\*\***

**\*\*PICK UP your CLENPIQ prescription from your pharmacy in advance!**

### **Restrictions beginning 5 days prior to procedure**

**Blood thinners:** Stop taking aspirin and aspirin type products **5 days** before procedure unless directed otherwise. Avoid aspirin, Advil, Motrin, Aleve, Excedrin, iron pills, arthritis medications, NSAIDS or any similar medications for 5 days prior to the procedure. Tylenol is permitted. **Please stop taking** Coumadin, Pradaxa, Xarelto, Effient, Plavix, or Eliquis 5 days prior to procedure unless otherwise directed.

**Supplements and Vitamins:** Stop taking any herbal medications, Vitamin E, Fish Oil, Multi Vitamins, etc. 5 days prior to procedure unless otherwise directed.

**Alcohol:** Do not drink alcohol or alcohol products starting 5 days before procedure.

**Blood pressure/Heart Disease/Asthma meds:** It is highly recommended that you take your medication for heart disease, high blood pressure and asthma the morning of your procedure. Pills can be taken with a small sip of water, please take them at least 4 hours prior to your procedure that day. Bring your inhalers to the Facility as well. All other medications should be brought to the facility to be taken after your procedure.

**\*\*Hold Diabetes medications the morning of the procedure if you have diabetes\*\***

**\*\*Hold Semaglutide medications like Ozempic, Mounjaro, Wegovy, Zepbound, Trulicity, etc. for at least 1 week prior to procedure (typically this will be holding 1 dose)\*\***

**DO NOT eat food containing** seeds, beans, nuts, corn, pepper, lettuce, raw vegetables and the skin of fruits for **5 days** prior to the procedure.

On the **day before** your procedure you may have **Only clear liquids all day as soon as you wake up regardless of the time of the procedure.** (See list below) **\*\*\*No Solid foods allowed!!**

**CLEAR LIQUIDS ALLOWED:** Any liquids that are not red or purple in color and do not contain solid food. Liquids that are acceptable are: water, black coffee, clear tea, coffee substitutes, carbonated beverages (i.e. cola, ginger ale, etc.), Jell-O gelatin without food particles, ices, clear fruit juices, broth, bouillon, Gatorade, PowerAde and similar products. Avoid all milk products.

**\*INABILITY TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN THE CANCELLATION OF PROCEDURE AND SUBJECT TO THE CANCELLATION FEE\*.** Please call our office if you have any questions.

**\*\*Colonoscopy Preparation Instructions\*\***

Please follow our instructions and not those on the CLENPIQ box

**\*DRINK 64 OZ. OF WATER BEGINNING 5 HRS PRIOR TO 1ST DOSE!!!\***

**1 DAY PRIOR TO EXAM:**

**STEP 1: At 5:00 PM the night before your procedure, begin drinking the 1st dose of prepared solution. (You can drink Clenpiq right from the bottle.)**

-Proceed to drink 5, 8 oz containers of a clear liquid of your choice, at your own pace within the next 5 hours, before bed. You may use the 8 ounce measuring container that comes in your Clenpiq kit.

-You may continue to drink clear liquids ONLY, for the rest of the evening.

**DAY OF EXAM:**

**STEP 1: At 6 hrs before your procedure time, begin drinking the 2nd dose of prepared solution. (You can drink Clenpiq right from the bottle.)**

-Proceed to drink 5, 8 oz containers of a clear liquid of your choice and **finish at least 4 hours before your colonoscopy.**

**IMPORTANT! You must finish drinking additional clear liquids within 4 hours of procedure time.**

**REMINDER!\*\*\*DO NOT HAVE ANYTHING BY MOUTH FOR AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE TIME! (NOT EVEN WATER)**

**Please follow additional instructions if box is checked:**

- 4 nights prior, take 1 full dose of Miralax nightly
- 2 nights prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets.
- 1 day prior, take 1 bottle of magnesium citrate at 8 am.
- 1 day prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets at 8am.
- 1 day prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets at 12pm.

**\*\*\* Arrive for your Colonoscopy ON TIME! (1 hr prior to procedure start time)**

**\*\*Please arrange for a reliable adult (18 or older) to drive you to and from the procedure. You may not go home in a Taxi, Uber, Lyft or bus. OPERATING A VEHICLE or any other machinery is PROHIBITED for the remainder of the day after the procedure because of the effects of the medications used for sedation.**

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