

# CLENPIQ BOWEL PREP KIT (Split dose)

## Instructions for Colonoscopy Prep

**\*\*READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO PROCEDURE\*\***  
**DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR**

Your physician will provide you with a prescription and you will need to obtain Clenpiq Bowel Prep Kit from your pharmacy.

**NOTE:** Individual responses to laxatives do vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.**

**MANUFACTURER'S DIRECTIONS MAY DIFFER, PLEASE FOLLOW INSTRUCTIONS BELOW.**

»Multiple bowel movements may irritate the anal area, clean thoroughly after each bowel movement to reduce irritation.

A diaper rash ointment may be used, if desired. However, do not wear ointment to appointment.

»**\*\*Blood thinners - contact Kayla, at physician's office, if you take prescription blood thinners at home.**

»Discontinue any fiber supplements and stop eating popcorn, if applicable, at least five (5) days prior to your procedure.

»If you take narcotics, or suffer from chronic constipation, please take Miralax twice a day for five days prior to procedure.

### DAY BEFORE COLONOSCOPY - clear liquids only

1) Drink only "clear liquids" this entire day. **Solid foods, milk products, and juice with pulp are NOT allowed.**

Consume at least 2 liters of clear liquids (no red or purple liquids). Clear liquids include, but are not limited to:

- Slush, popsicle, Iced
- Clear broth, bouillon, clear soup (no noodles)
- Gatorade, Kool-Aid, other fruit flavored drinks
- Fruit juice without pulp (apple, white grape, lemonade)
- Plain jello (without fruit or toppings)
- Water
- Coffee, tea (no creamer or milk)
- Carbonated & non-carbonated sodas
- Clear Ensure
- Ice



2) Take your usual medicines. Avoid taking medications within 1 hour before start of CLENPIQ doses.

3) In the evening between 5 and 7 PM take the following (taking it later in the evening may keep you awake):

- a) Drink one bottle of CLENPIQ
- b) Follow by drinking 40 oz (5 cups) of clear liquids. It's important to finish the liquids over the next five hours.



*Hydration is important and it's part of the prep. Make sure to hydrate before you take the prep, while you're taking the prep, and after the prep*

### DAY OF THE EXAMINATION

1) Prior to starting your second laxative, you may have all of the clear liquids that you would like.

2) **At least 4 to 5 hours before leaving for your appointment drink the following:**



- 3) Drink one bottle of the CLENPIQ
- 4) Drink at least 24 oz (3 cups) of clear liquids. Finish liquids at least 3 hours prior to the time you leave your house for your appointment.
- 5) Don't eat or drink anything after you have finished the laxative followed by clear liquid. You will not be able to have anything else until after your appointment.

6) Take heart and blood pressure medications as normal. Do NOT take diuretics. Consult with prescribing physician about diabetic medications.

7) Arrive at your scheduled time. The average length of stay is approximately 2 hours.

**NOTE: The laxative prep is intended to evacuate your colon. Ideally, your bowel movements prior to leaving your house should be fairly clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If bowel movements are not clear, please call the office before leaving for your appointment.**