

## **Bowel Preparation Instructions – CLENPIQ**

Any questions please call (631)-289-0300 ext. 224.

### 3 DAYS PRIOR to the PROCEDURE:

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- Do not eat foods high in fiber.
- Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn, and cooked or raw vegetables.
- Do not take any fiber supplements.

### On the DAY BEFORE Your PROCEDURE:

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#### DIET

- Consume only clear liquids the entire day before
- Okay to consume one protein shake, before 11 am, but only from the following lists:
  - Protein powder mixed with water or milk
  - Pre-made Protein shake
  - AVOID FRUIT or VEGETABLE shakes.
- Clear beef or chicken broth
- Popsicles, except for red, purple or blue
- Coconut water (NOT coconut milk)
- Strained fruit juice such as apple or white grape juice
- Coffee and tea (without cream or dairy products)
- Gatorade
- Soft drinks
- Kool-Aid
- Jell-O
- Do not drink alcohol

At 11 AM: Begin Drinking ONLY clear liquids. NO MORE PROTEIN SHAKES.

A clear liquid is one that can you see through.  
Examples of clear liquid are as follows:

#### PREP – Procedure before 9am

##### **7pm - Start 1st Dose:**

1. Drink one bottle of CLENPIQ. Drink CLENPIQ right from the bottle
2. Then, keep hydrating. Drink 5 cups (8 ounces each) of clear liquid.

##### **9pm – start 2nd dose**

- Follow steps 1 – 2 above.
- Starting at midnight, you may have nothing by mouth, including water
- *Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration*

### On the Morning/Day of your PROCEDURE

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- If you take daily medication(s), you may do so up until 2 hours before your scheduled report time with small sips of water.
- If you take blood thinners, follow the instructions your health care provider gives you.
- Arrange for a ride home. You will be drowsy after the exam and will need an escort, 18 years or older. If taking a medical cab service, you will need an escort as well to take you home.

#### **The importance of a GOOD PREP**

Your prep is one of the most important parts of your colonoscopy. Without a good prep, your bowel empty and clean, your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp/lesions or rescheduling your colonoscopy.

## PREP – Procedure 9am or later

### **7pm - Start 1st Dose:**

1. Mix Drink one bottle of CLENPIQ. Drink CLENPIQ right from the bottle
  2. Then, keep hydrating. Drink 5 cups (8 ounces each) of clear liquid.
- *Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration*

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### On the Morning/Day of your PROCEDURE

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### **6am – start 2nd Dose:**

- Follow steps 1 – 2 above.
  - Be sure to finish drinking all of your laxative by 7am.
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- If you take daily medication(s), you may do so up until 2 hours before your scheduled report time with small sips of water.
  - If you take blood thinners, follow the instructions your health care provider gives you.
  - Arrange for a ride home. You will be drowsy after the exam and will need an escort, 18 years or older. If taking a medical cab service, you will need an escort as well to take you home.

### **The importance of a GOOD PREP**

Your prep is one of the most important parts of your colonoscopy. Without a good prep, your bowel empty and clean, your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp/lesions or rescheduling your colonoscopy.