

## Instructions for Clenpiq

- The day before your colonoscopy you are to be on a **clear liquid diet only**
- You **must** drink enough clear liquids to keep your body hydrated for the entire day before your colonoscopy

**Note: Do Not** refrigerate or freeze CLENPIQ. CLENPIQ is ready to drink. There is no need to add any other liquid or mix the medicine in the bottle before you start dosing.

**List of liquids for the clear liquid diet:** Water, Black coffee or tea (no milk, cream soy or nondairy creamer), Clear broth or bouillon, Sports drinks, Clear juices without pulp, Jello, Ice pops, Italian ices. Avoid alcohol.

### The Day Before Instructions

**Dose 1:** Drink 1st bottle of the Clenpiq solution at **9AM\***

- Follow this dose by drinking **at least five** 8 ounce cups of clear liquids over the next five hours

**Dose 2:** Drink 2<sup>nd</sup> bottle of the Clenpiq solution at **3PM\***

- Follow this dose by drinking **three** 8 ounce cups of clear liquids over the next five hours.

**\*\* If you would like/need a later start time, you may take the first dose at 1PM and the second dose at 7PM\*\*\***

- Take **2 Dulcolax** tablets at **BEDTIME**
- **No Eating or Drinking after midnight**

### IMPORTANT

- If you take blood thinners, i.e. aspirin, Persantine, dipyidamole, or non-steroidal anti-inflammatories, i.e., Motrin, Advil, Feldene, Plavix, Trental, Voltaren, Vioxx, Daypro, Aleve, Vitamin E, Gingko, Flaxseed/Fish Oil, Celebrex, Bextra, Mobic, Multi-Vitamins, and all other herbal supplements, they **MUST BE STOPPED ONE (1) WEEK BEFORE THE PROCEDURE.**
- If you take blood thinners, Coumadin (Warfarin), Pradaxa, Xarelto, Eliquis, please call you physician to ask for permission to stop this medication **FIVE (5) DAYS PRIOR TO THE PROCEDURE.**

If you take any antibiotics prophylactically for any dental procedure, please notify this office. NOTE: MITRAL VALVE PROLAPSE IS NO LONGER CONSIDERED TO BE AN INDICATION FOR ANTIBIOTIC PHOPHYLAXIS FOR COLONOSCOPY OR UPPER ENDOSCOPY. If you have had any recent orthopedic surgery (knee replacement), please check with your surgeon if it is necessary for you to take antibiotics prior to this procedure.

If you have a cold (upper respiratory infection) on the days prior to the procedure, please call the office and perhaps cancellation and rescheduling will be necessary.

If there is a chance, no matter how slim, that you may be PREGNANT, we MUST be notified and your colonoscopy will be cancelled. If you are an INSULIN DIABETIC, please check with you physician on INSULIN dose for the day of your preparation. We recommend that your colonoscopy time be scheduled EARLY IN THE MORNING, and please bring your insulin to the office. AGAIN, PLEASE CHECK THIS WITH YOUR PHYSICIAN.