



## CLENPIQ Bowel Prep Colonoscopy Split Dosing Instructions

**\*\*\*READ ALL INSTRUCTIONS UPON RECEIPT\*\*\***

Date of Appointment: «encDate» with Dr. «RendPrLName»

Be at the location marked below by: \_\_\_\_\_ AM/PM

Pre-Register at least 2 days prior with the following location:

\_\_\_ Alaska Digestive Center 563-1750    \_\_\_ ARH Day Surgery 264-1952    \_\_\_ Providence Day Surgery 264-1952  
4048 Laurel Street Suite 103a

*(Due to Sedation, you must bring an adult driver with you to take you home safely)*

### Medications:

Seven (7) days prior to procedure stop all:

- Prescription Iron Pills
- Stool Formers (Imodium, Fiber Supplements)

• Blood-thinning medications may need to be discontinued prior to your procedure.

Take your last dose of \_\_\_\_\_ on \_\_\_\_\_.

**\*\*\*You should continue your other prescribed medication unless instructed not to\*\*\***

• **Diabetic patients** - If you take an oral hypoglycemic ("sugar pill"), do not take it the day of your procedure. If you are taking insulin, you should only take half (1/2) of your usual scheduled insulin dose the night before and nothing the morning of the procedure.

### Foods to Avoid:

Five (5) days prior to procedure, avoid the following:

- Nuts                      - Seeds                      - Grains
- Granola                      - Corn                      - Popcorn

Upon awakening on \_\_\_\_\_, the day before your procedure, start a clear liquid diet. **(NO SOLID FOOD)**.

### Diet:

**Avoid RED, ORANGE, or PURPLE liquids. No Milk/Milk Products and No Non-Dairy Creamer. No juices with Pulp**

### Acceptable List of Clear Liquids:

- Water                                      - Apple Juice                                      - Coffee (black)
- Gatorade                                      - Bouillon                                      - CrystalLite
- White grape juice                                      - Soft Drinks                                      - Popsicles
- Lemonade                                      - Tea                                      - Jell-O
- Hard Candies                                      - White Cranberry Juice                                      - Kool-Aid

### Prep:

**At 5:00 pm, on \_\_\_\_\_, the day before your procedure, begin drinking the 1<sup>st</sup> bottle of CLENPIQ Solution.**

- Drink CLENPIQ right from the bottle
- Drink the contents completely
- Follow with at least Five (5) 8-ounce glasses of clear liquid over the next 5 hours
- Continue a clear liquid diet for the remainder of the night
- You will have many bowel movements that should begin in about 1 hour

**The day of your procedure, \_\_\_\_\_ at \_\_\_\_\_ AM/PM drink the second bottle of CLENPIQ.**

- Drink the contents of the CLENPIQ completely.
- Follow with at least (3) 8-ounce glasses of clear liquid within 1 hour.
- **No more liquids after \_\_\_\_\_ AM/PM until your procedure is over (including water).**