



Colonoscopy Clenpiq Preparation

PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY

Colonoscopy Preparation:

Your physician will need to provide a prescription to purchase Clenpiq preparation from your pharmacy and will ask that you purchase 2 over-the-counter GasEx pills (simethicone), each pill is 125 mg.

A high-quality colonoscopy requires a well cleaned colon. You will have to take a medicine that will make you have a lot of diarrhea. Please follow the instructions carefully and exactly as they are written so your colon is well cleaned, and you do not get dehydrated. Sometimes, even if you do everything right, your colon might not be clean enough, and the doctor might have to reschedule the procedure. Your doctor will give you advice that is best for your digestive system.

The day before the procedure:

You may eat a small low residue breakfast, such as eggs and white toast. It must be completed by 9 am. ***Avoid any seeds, nuts, raisins, fruit and dairy products*** No more solid food. The remainder of the day you may have any clear liquids such as water, juices, tea, coffee, soda, non-red sports drinks, and non-red Jell-O. Do not consume anything red or purple colored.

Avoid illicit substances 24 hours prior to the procedure and no alcohol or marijuana products for 12 hours prior. All patients will be assessed for signs of impairment on the day of the procedure and if there is any concern, the procedure will be cancelled.

5pm on the night before the procedure:

Drink one bottle of Clenpiq. Drink the entire contents. Follow with FIVE (5) 8 –ounce drinks of clear liquid, taken at your own pace, within the next 5 hours.

On the day of the procedure:

Starting 5 hours before the procedure, drink second bottle of Clenpiq. Drink the entire contents. Follow with at least THREE (3) 8-ounce drinks of clear liquid. Take 2 pills of GasEx (simethicone), each pill is 125 mg after your second dose of Clenpiq prep.

You must stop drinking 3 hours before the procedure. If you have anything by mouth, including gum, in the three hours before the procedure, the procedure may be rescheduled.

If you take heart or blood pressure medications, take your pills three hours before the procedure with water (unless advised differently by your doctor).

Note: Please leave all jewelry and valuables at home. Optum Medical is not responsible for the loss of any patient's property. Do not wear contact lenses.