

## **Instruction for Colonoscopy**

**Arrange for transportation you may NOT drive yourself home after the procedure.**

**If you have any questions about your current medications weather to take them or not please let us know. We are here to help!**

**Discontinue the following medications 3-5 days prior:**

- Aspirin, Ibuprofen, iron supplements, weight loss medications including over the counter medication, Metformin (Glucophage), Coumadin (Warfin), Pesantine (Dipyridamole), Plavix, Ticlid or other blood thinners.

**Medications you may continue:**

- Heart medication, blood pressure, lung and seizure medication (take this meds with a small sip of water early in the morning the day of the procedure)
- Insulin: ½ dose of your regular Insulin: If taking an insulin PUMP please notify us for different instructions.

**2 Day Preparation:**

**1<sup>st</sup> Day: Full Liquid Diet**

- On this day: you start a full liquid diet **(ALL DAY)**, which includes the following:
  - Clear Juices without pulp, plain gelatin, ice chips, water, sweetened tea, coffee without milk or creamer, popsicles (only clear or yellow), clear broths, carbonated beverages, along with thin hot cereal, and oatmeal.
- Purchase over the counter Magnesium Citrate, which can be mixed with apple juice. **Drink the Magnesium Citrate @ 5 pm. (8-10 oz bottle)**
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**2<sup>nd</sup> Day: Clear Liquid Diet:**

- On this day: you start a Clear Liquid Diet **(ALL DAY)** which includes the following:
  - Jell-O (ONLY clear or yellow), Clear Soups (chicken or beef broth), Clear Juices (apple, peach or white grape), clear tea, coffee (without milk or creamer), 7-up, Ginger Ale, and Water
- You will be handed a prescription for Clenpiq to take to your local pharmacy. Instructions will be in the next page for this prescription.

**In case your insurance does not cover Clenpiq you will be taking the Golytely instructions are the following:**

- Golytely is a gallon that needs to be start at 12pm the second day of your preparation, drink 8 oz every 10-15 minutes until finished, the gallon needs to be finished within 3 hours.

**Stop drinking liquids 8 hours prior to the procedure.**



# CLENPIQ™

(sodium picosulfate, magnesium oxide,  
and anhydrous citric acid) Oral Solution

10 mg/3.5 g/12 g per 160 mL bottle

**Starts with the Prep**

## Patient instruction sheet

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### Day before procedure

#### The afternoon of the day before your procedure

#### Between 1:00pm – 4:00pm

1-Drink one bottle of CLENPIQ

follow with 6 cups (8oz) of water

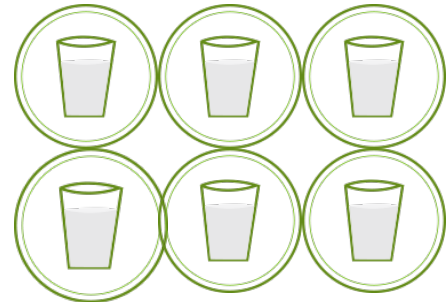


#### Between 6:00pm – 8:00pm

2-Drink second bottle of CLENPIQ

Follow with 6 cups (8oz) of water

**Keep hydrating**



**6 cup of 8oz**