

WESTCHESTER PUTNAM GASTROENTEROLOGY
845-278-5223

CLENPIQ BOWEL PREP KIT FOR COLONOSCOPY

MEDICATIONS

- **STOP taking any iron supplements one week prior to your procedure**
- **STOP taking ONLY the following medications three days before your procedure:
Blood-thinning medications: Aggrenox, Coumadin, Persantine, Plavix, Pradaxa, Ginkoba**
- **For procedure scheduled before noon, take your morning medications after the examination is completed.**
- **For procedure scheduled for the afternoon, you may take your morning medications before 8 AM**
- **DO NOT take diabetic medication the morning of the procedure.**
- **Asthmatics should bring any inhalers with them to the office.**
- **Please DO NOT smoke the morning of the procedure.**

***Please refrain from eating fruits, vegetables, and high fiber cereals 3-4 days prior to procedure date.

DIET DAY BEFORE THE PROCEDURE:

BREAKFAST: You may have an early light breakfast of eggs and/or white toast.

LUNCH: You may have white bread with a turkey slice and mayo

****DO NOT EAT ANY SOLID FOODS AFTER 2 P.M.**

Drink **ONLY** clear liquids from this point on. **DO NOT** drink **ONLY** dietetic liquids, even if you are diabetic (see list of acceptable clear liquids). It is helpful to drink plenty of clear liquids in order to help the laxative clean out your colon more efficiently.

EVENING PRIOR TO THE PROCEDURE- BETWEEN 4 P.M. AND 6 P.M. (earlier is preferred)

Take two (2) Dulcolax tablets a half hour prior to the first dose of the prep. (THESE WILL NEED TO BE PURCHASED SEPARATELY FROM THE PHARMACY).

In the CLENPIQ Bowel Kit, there are two bottles of solution. Drink one bottle, and make sure you drink the entire contents. Follow with five (5) 8-ounce drinks of clear liquids, taken at your own pace, within the next 5 hours, before bed.

- Call the physician if you have not had a bowel movement by 10 p.m.

MORNING OF THE PROCEDURE: (SIX HOURS BEFORE YOUR PROCEDURE TIME):

Drink the second bottle of CLENPIQ, and make sure you drink the entire contents. Follow with at least three (3) 8-ounce drinks of clear liquid. You must finish this three (3) hours before your procedure time.

Important Note: The final outcome of the prep should produce stools that are liquid and either clear like water OR yellowish in color.

YOU MUST FINISH DRINKING ANY KIND OF LIQUIDS (not even a sip of water is allowed!!) THREE (3) FULL HOURS PRIOR TO YOUR SCHEDULED PROCEDURE TIME. IF THIS IS NOT FOLLOWED, YOUR PROCEDURE MAY BE CANCELLED

CLEAR LIQUID LIST

PLEASE: NO RED OR PURPLE DRINKS, POPS, OR

- ✓ CLEAR SODAS (Ginger Ale, 7up, Cola, Seltzer, Sprite)
- ✓ CLEAR JUICES WITHOUT PULP (apple, white grape, white cranberry)
- ✓ CLEAR SOFT DRINKS (clear sports drinks such as Gatorade, Kool-Aid, Crystal Light)
- ✓ ICE POPS
- ✓ JELLO
- ✓ CLEAR BROTHS OR CLEAR BOULLIONS
- ✓ ICED TEA
- ✓ HOT TEA OR BLACK COFFEE (NO MILK OR CREAM)
- ✓ WATER
- ✓ HARD CLEAR CANDY

APPOINTMENT DATE: ____/____/____ LOCATION: _____

APPOINTMENT TIME: _____ ***Please Arrive By:*** _____