

Your Guide to
Colonoscopy Clenpiq
at Fairfield Medical Center



Medications that you will need

A prescription for Clenpiq will be sent to your pharmacy. Please follow the directions below when taking your Clenpiq. If your pharmacy does not receive this prescription, please call the office at: _____.

How to take medications for colonoscopy

On the day BEFORE your colonoscopy

Only eat foods listed below on the day before your colonoscopy

- Water
- Coffee with **NO** creamer
- Tea with **NO** creamer
- Broth (beef, chicken or vegetable) (no meat, noodle or vegetable pieces)
- Apple or white grape juice
- Sprite, ginger ale and 7-Up
- Gatorade or PowerAde (**no red, blue or purple**)
- Popsicles (**no red, blue or purple**)
- Jell-O (**no red, blue or purple**)

If you are diabetic, please buy sugar free options

At 5 p.m.

Drink one of the small bottles you receive from your pharmacy.

Between 5 - 9 p.m.

Drink five (5) eight (8) oz. glasses of clear liquid. This should be completed within five (5) hours of drinking the first small bottle of Clenpiq.

Feelings of nausea and bloating are normal and will subside.

On the day of your colonoscopy

Five (5) hours before the time of your colonoscopy

Example: If your colonoscopy is scheduled for 9 a.m. you should start drinking your Clenpiq prep at 4 a.m. It should be finished by 6 a.m. Do **NOT** drink **ANYTHING** after 7 a.m.

1. Drink the second small bottle that you received from your pharmacy.
2. Drink four (4) eight (8) oz. glasses of water. This should be completed within two (2) hours of drinking the first small bottle of Clenpiq.

You cannot have anything to eat or drink **EXCEPT** your Clenpiq prep on the morning of your colonoscopy.

You can take your medications with a sip of water the day of your colonoscopy unless told not to take them by your doctor.

Be sure to have finished your Clenpiq prep and taken your medications at least two (2) hours before your colonoscopy. You should have **NOTHING** to drink two (2) hours before your colonoscopy.

Procedure Date: _____ Provider: _____

Location: _____

Arrival Time: You will be contacted the day before your procedure by Fairfield Medical Center for the arrival time (The Friday before if you have a Monday procedure). Calls will be made sometime prior to 5 p.m.

Colonoscopy Clenpiq, Continued

Things to remember

- Reminder: You cannot have anything to eat or drink (including water) the day of your procedure except your bowel prep and a small sip of water to take your medicine.
- Someone has to drive you to the hospital, stay at the hospital until you are done and drive you home. You cannot drive the day of your colonoscopy. **If you do not have someone to do these things, your colonoscopy will be cancelled.**
- If you take an iron supplement, stop taking them five (5) days before your procedure to avoid discoloration of your stool.
- The office will let you know which of your medications need to be stopped and for how long. Some of the most commonly adjusted medications include blood thinners and diabetic medications. Medication instructions:
 - _____
 - _____
 - _____
- If drinking the Clenpiq prep makes you sick to your stomach you can try drinking it slower. Some nausea and bloating is normal.
- Your poop should be all liquid. It should not be brown in color. It should look clear to yellow. You will need to reschedule if it does not look like this the morning of your colonoscopy.
- If you need to cancel your colonoscopy you will need to call your doctor's office.

The phone number is: _____



Fairfield
Medical Center

Fairfield Medical Center Endoscopy

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