



## Medications that you will need

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

A stool softener will be ordered by the doctor's office. This may be called into the pharmacy or samples may be given to you. You will need to start taking this medication seven (7) days before your colonoscopy.

## How to take medications for colonoscopy

### Seven (7) days **BEFORE** your colonoscopy

Start taking the stool softener ordered by your doctor's office. Follow the directions on the bottle/package.

### FOLLOW THE FOOD SUGGESTIONS BELOW

- Do not eat nuts, seeds, dried fruits, dried bean and peas
- Limit whole grain foods
- Choose cooked or canned fruits and vegetables over fresh ones
- Choose white bread and white rice
- Drink juices without pulp
- Eat tender, well cooked meats

### Two (2) days **BEFORE** your colonoscopy

#### Only eat foods listed below for the two (2) days before your colonoscopy

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

**If you are diabetic, please buy sugar free options**

### One (1) day **BEFORE** your colonoscopy

Continue clear liquid diet as explained above.

# Colonoscopy Clenpiq 2-day Prep, Continued



**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, including water, **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 2-day Prep, 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: \_\_\_\_\_



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