

CLENPIQ Instructions

CLENPIQ is a prescription that cleans your colon. CLENPIQ is ready for you to drink right from the bottle. It does not need to be mixed or diluted. **DO NOT** refrigerate or freeze CLENPIQ.

Preparation Instructions: Diet and Medication

7 Days Prior To Procedure

1. Stop aspirin, aspirin containing products , Plavix, Aggrenox, Alka-seltzer, iron supplements, vitamin

supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Biloba, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.

2. Avoid popcorn, nuts, corn, beans & poorly digestible vegetables (corn, broccoli, etc)

3. Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc. Tylenol is permitted.

3-5 Days Prior To Procedure

• Stop all anti-coagulant or anti-platelet medications. (Coumadin/Warfarin, Xarelto, Pradaxa, Persantin, Lovenox, anti-platelet agents: Ticlid or Plavix.)

**You must consult with your cardiologist or primary care physician regarding discontinuing these medications. If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure so that he can discuss with your doctor.

What's in the CLENPIQ box?

- Two bottles of CLENPIQ (5.4 oz. each)
- An 8 oz. cup for drinking clear liquids
- The patient medication guide and the instructions for use for your reference.

Start Hydrating

On the day before your colonoscopy, start hydrating by consuming **ONLY CLEAR LIQUID**. It's important to hydrate before you take the prep, while you're taking the prep, and after the prep. **Follow your doctor's instructions completely.**

Evening Before

Between 5-9 PM



Drink 40 oz (5 cups) of clear liquids.*
Finish liquids over the next 5 hours.

Morning of

5 hours before procedure



Drink at least 24 oz (3 cups) of clear liquids.
Finish liquids **4** hours before your colonoscopy
or as advised by your doctor.



Hydration is important and it's part of the prep. Make sure to hydrate before you take the prep, while you're taking the prep, and after the prep.

Prep Assistant Use the prep assistant as a guide for completing your prep.

The time of your colonoscopy is _____:_____

Complete your prep and all hydration by _____:_____

ON THE DAY BEFORE THE COLONOSCOPY, stop eating all solid food and dairy, and start hydrating by drinking clear liquids.



Evening before your colonoscopy

- Drink one bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink 5 cups (8 oz each) of clear liquid.
Check off the cups below as you go!



Start: _____:_____

Finish: _____:_____

Morning of your colonoscopy

- Drink the other bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink at least 3 cups (8 oz each) of clear liquid.
Check off the cups below as you go!



OR MORE

Start: _____:_____

Finish: _____:_____

Important Notes:

- Essential medications (ie: blood pressure, cardiac, thyroid, and seizure medications) can be taken **TWO (2)** hours prior to procedure with a **TINY SIP OF WATER**.
- Except for medications, **do not drink any fluids 3 hours prior to procedure arrival**.

Remember: the quality of your exam is dependent on the quality of your preparation!