



Gastroenterology  
& Hepatology  
ASSOCIATES OF MID-MICHIGAN, PC

## **CLENPIQ**

### ***The Split Dose Regimen***

#### ***Dose 1 Evening before your colonoscopy***

- ***Drink one bottle of CLENPIQ at 6PM***
- ***Then keep hydrating***
- ***Drink 5 Cups (8oz) of clear liquid***
- ***Finish liquids over the next 5 hours***

#### ***Dose 2 Morning of your colonoscopy***

- ***Drink one bottle of CLENPIQ 6 hours before your arrival time***
- ***Then keep hydrating***
- ***Drink at least 3 Cups (8oz) of clear liquid***
- ***Finish liquids 3 hours before your colonoscopy.***

#### **Important**

***\*\*On the day before the Colonoscopy stop eating all solid food and dairy, and start hydrating by drinking clear liquids.***

***\*\*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.***



## **Preparing for your Colonoscopy**

***IMPORTANT – Please Read These Instructions at Least 2 Weeks Before your Colonoscopy.***

***If you need to reschedule, cancel, or have any questions about your procedure please contact 989-839-0750 before 4.p.m.***

## **What is a Colonoscopy?**

*Colonoscopy is a procedure that allows your physician to examine the lining of the entire large intestine (colon) from the rectum to the lower end of the small intestine for any abnormalities such as inflamed tissue, polyps, ulcers or bleeding. A small fiber optic flexible tube is gently inserted into the anus and advanced into the colon. If an area needs further evaluation a biopsy will be taken. Biopsies do not imply cancer and most polyps are not cancerous. Removal of polyps is one of the best means of preventing colorectal cancer.*

## ***Learn what you need to do to prepare for your colonoscopy:***

- *Three days before your colonoscopy, stop taking any iron, fiber supplements or anti-diarrheal medication.*
- *Avoid the following; foods with seeds (tomatoes, cucumbers) and foods difficult to digest (corn, nuts, popcorn)*
- *One day before, go on a clear-liquid diet.*

*Important: You will need to arrange for a responsible driver over the age of 18 to drive you home after your colonoscopy. You will be sedated for your procedure which will impair your reflexes and judgement. Your test will have to be rescheduled if you don't have someone to accompany you home. You are **NOT ALLOWED** to drive, take a taxi, bus or car service, or leave the Surgery Center **ALONE**.*



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### **Three Days before your procedure**

*Start preparing three days before your colonoscopy. For example, if your colonoscopy is scheduled for Wednesday, you would start Sunday morning.*

- *Stop taking any iron, fiber supplements or anti-diarrheal medication.*
- *Some of the medications you take may need to be stopped or adjusted temporarily before your colonoscopy.*
- *Avoid foods that contain red, pink, and purple dyes that may interfere with the test.*
- *Avoid the following; foods with seeds (tomatoes, cucumbers) and foods difficult to digest (corn, nuts, popcorn)*

***\*\*Call our office if you have not been instructed regarding:***

- *If you're an insulin controlled diabetic*
- *Blood thinners- such as Aspirin, Coumadin, Effient, Plavix, Pradaxa, Xarelto, Brilinta or any other blood thinning product.*
- *History of Endocarditis (these may require antibiotics prior to your procedure)*

### **One day before procedure**

- *Drink only clear liquids or certain light-colored beverages. (See the clear liquid chart on website [gastroandhep.com](http://gastroandhep.com))*
- *Do not eat solid foods.*
- *No smoking after midnight.*



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**Day of the Colonoscopy**

- *If your procedure is in the morning, you may need to get up earlier than usual to finish drinking.*
- *Nothing by mouth including: gum, hard candies, breath mints, or liquids 3 hours prior to your scheduled procedure.*
- *May take your medication with a sip of water. (If you've been instructed to do so.)*
- *Prior to leaving for your scheduled procedure the results from your prep should be a clear to light yellow liquid. If they are not, call the facility that will be performing your procedure. Failure to follow these instructions could result in the cancellation of your procedure.*
- *If you use an inhaler for asthma or COPD, please bring it with you to your appointment.*
- *Bring your insurance card and a photo ID.*
- *Do not bring valuables to your appointment.*
- *Friends and family may not watch your procedure.*
- *For the safety of our patients and staff, we ask that you leave any weapons at home.*

**Female patients:** *If you are pregnant or unsure if you are pregnant your colonoscopy may be canceled when you arrive. We strongly recommend that you take a pregnancy test if you are unsure. Please call 989.839.0750 before the procedure date to discuss this if you are or could be pregnant. If you are on your menstrual cycle it is "ok" to continue with your procedure as planned.*

**After your procedure and upon discharge**

- *Your physician will explain the results of the exam to you and your designated driver.*
- *Do not drive or operate machinery the rest of the day.*
- *Do not drink alcoholic beverages.*
- *Do not go to work. Rest and take it easy. For your safety you must have someone stay with you the remainder of the day due to the side effects of the sedation or your procedure may be canceled.*
- *Do not make critical decisions, sign legal documents or do anything that requires you to be alert and coordinated.*



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**Clear-Liquid Diet for Colonoscopy Preparation**

**One day before----and the day of your colonoscopy, you will be on a clear-liquid diet. The chart shows example of drinks you can include, and what to avoid. Starting the day before your procedure, don't eat any solid food until after your colonoscopy.**

**\*\*Stop drinking liquids 3 hours before procedure.**

<b>CLEAR LIQUIDS AND LIMITED LIGHT COLOR DRINKS ONLY</b>	<b>YES - OK TO DRINK:</b>	<b>NO - AVOID THESE:</b>
	<ul style="list-style-type: none"><li>*Water</li><li>*Tea and black coffee without any milk, or cream</li><li>*Flavored water without red, pink, or purple dye</li><li>*Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry</li><li>*Clear broth including chicken, beef, or vegetable</li><li>*Soda</li><li>*Sports drinks such as Gatorade and Propel (light colors only)</li><li>Popsicles without fruit or cream; no red, pink, or purple dye</li><li>*Boost Breeze Tropical Juice drink</li><li>*Jello no red, pink, or purple</li></ul>	<ul style="list-style-type: none"><li>*Alcoholic beverages</li><li>*Milk</li><li>*Smoothies</li><li>*Milkshakes</li><li>*Cream</li><li>*Orange juice</li><li>*Grapefruit juice</li><li>*Tomato juice</li><li>*Soup (other than clear broth)</li><li>*Cooked Cereal</li></ul>

**\*\*Key- If you can read a paper through it - it's a clear liquid.**