Samaritan
Gastroenterology

Bowel Preparation Instructions with CLENPIQ

This bowel prep instruction sheet is intended for use by patients of Dr. Chandrala and Ashley Patterson, FNP, Samaritan Gastroenterology

** Items you will need:

-Clenpiq bowel prep kit (from pharmacy)
-Dulcolax 5 mg tablets (can be over the counter)

You will need to modify your diet **7 days** prior to your colonoscopy:

-**Avoid** foods high in fiber (bran flakes, bran muffins, whole grain breads, fiber bars, beans, etc.), fiber supplements, corn, seeds, popcorn, and nuts.

1 day before colonoscopy

- Start CLEAR LIQUID DIET ONLY TODAY! This includes (Gatorade, sports drinks, water, tea, coffee black or with sugar, cola, sodas, apple juice, crystal light, bouillon, Jell-O, hard candy, popsicles, and broth) same diet for diabetic patients. **AVOID anything RED or PURPLE** in color. NO dairy products. Make sure to drink plenty of clear liquids throughout the day to avoid dehydration.

- FIRST DOSE OF CLENPIQ: Take at 5:00PM

-Drink one bottle of Clenpiq (5.4 oz). Do not mix with other liquids. Drink directly from bottle. **You MUST drink a total of 5, 8oz glasses of water/ clear liquids over the next 5 hours before bed.

- At 8:00 PM take 4 Dulcolax tablets (total of 20 mg)

Day of colonoscopy
Arrival time:

- Second dose of Clenpiq: Take at least 6 hours before your arrival time.

-Drink one bottle of Clenpiq (5.4 oz). Do not mix with other liquids. Drink directly from bottle. **You MUST drink a total of 4, 8oz glasses of water/clear liquids over the next 1-2 hours.

- 4 hours before colonoscopy, **ABSOULTELY NOTHING BY MOUTH UNTIL AFTER PROCEDURE!** *This will reduce your risk of aspiration pneumonia*

  -This includes water, gum, toothpaste, lozenges and etc.