COLONOSCOPY PREPARATION INSTRUCTIONS

Follow the instructions on this paper, do NOT follow the instructions on the **Clenpiq** Box.

STEP 1 — 7 DAYS BEFORE PROCEDURE

DO

- Your prescriptions for **CLENPIQ** and ondansetron (Zofran) will be sent to:
- Your local pharmacy:_____
- Purchase Gas-X (Simethicone) tablets. The pink cherry flavor tablets are approved for use during prep.
- Aspirin may be continued.
- **Please arrange for a driver for the day of the procedure.**

DON'T

- Take any fiber supplements or medications containing iron (Multivitamins, Metamucil, Citrucel, Fibercon).
- Take medications used to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole). Please ask the doctor who prescribes it for instructions on stopping it prior to the procedure.

STEP 2 — 3 DAYS BEFORE PROCEDURE

DO

- Confirm you have a driver for the day of the procedure. A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.
- Review paperwork and sign: Multi-authorization and Notice of Privacy Practices.

DON'T

- Eat high fiber foods/roughage: raw vegetables, corn (raw or cooked), whole wheat or high fiber breads, nuts or popcorn, bran or bulking agents.

STEP 3 — 1 DAY BEFORE PROCEDURE

DO

- Clear liquids **ALL DAY**. See attached list of clear liquids.
- **Diabetics:** take ½ of your regular insulin dose.

DON'T

- Eat **solid food** or drink **alcohol**.
- Have anything red or purple in color.
- Have milk products or non-dairy creamer.
- **Diabetics:** take oral diabetic medication.

CLENPIQ INSTRUCTIONS

STEP 1 **At 3:00 pm:** take two (2) ondansetron (Zofran) tablets.

STEP 2 **At 5:00 pm:** take one (1) Gas-X tablet.

STEP 3 Drink **one bottle of CLENPIQ**. Start ____:____ Finish ____:____

STEP 4 **Hydrate:** drink **5 or more cups** (8 oz each) of clear liquid. ☐ ☐ ☐ ☐ ☐ Check off the cups as you go!

Hydration is important and it's part of the prep. Make sure to hydrate before, during, and after the prep.

STEP 4 — DAY OF PROCEDURE

DO

- You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale.
- Please bring your insulin with you to the procedure center.
- You may take your morning medications with a sip of water (excluding oral diabetic medications and/or unless instructed otherwise by your doctor).

DON'T

- Eat **solid food** or drink **alcohol**.
- **Diabetics:** take oral diabetic medication.
- If you are insulin dependent, take your morning dose of insulin.

5 Hrs BEFORE your procedure time: _____

- Drink the **other bottle of CLENPIQ**.
  Start ____:____ Finish ____:____
- **Hydrate:** drink **4 or more cups** (8 oz each) of clear liquid. ☐ ☐ ☐ ☐
- **Take two (2) Gas-X tablets.**
- You may continue clear liquids until 2 hours prior to your procedure.

2 Hrs BEFORE your procedure time:

- **STOP ALL LIQUIDS.**
- NO gum, hard candy, mints, or tobacco.
- Drinking liquids within these 2 hours will cause us to cancel or postpone your procedure.

If you have any preparation issues or questions, contact
The Gastroenterology Group (330) 869-0954 or tggakron.com

THE GASTROENTEROLOGY GROUP

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is IMPORTANT. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS – No RED or PURPLE

Must be something you can see through…



- Gatorade or PowerAde
- Clear broth or bouillon – chicken or beef
- Coffee or Tea *(no milk or non-dairy creamer)*
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices *(no pulp)*
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED**!



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

Colon Cleansing Tips

- You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- Chill the solution in refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- Stay near the toilet! You will have diarrhea, which can be quite sudden…this is normal!
- If you experience nausea or vomiting, rinse your mouth with water and take a break ☺ Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- It is common to experience abdominal discomfort until the stool has flushed from your colon.
- Some find it easier to drink through a straw.
- Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST COMPLETE ALL STEPS OF THE PREP!

THINGS TO BRING WITH YOU!

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR FACILITY