

INSTRUCTIONS FOR COLONOSCOPY WITH CLENPIQ
WEBSITE: GASTROCNY.COM

THE DAY BEFORE YOUR PROCEDURE: CLEAR LIQUIDS ONLY ALL DAY (BREAKFAST, LUNCH, DINNER)!!!! PUSH LOTS OF FLUIDS!!! NO SOLID FOOD, NO MILK OR MILK PRODUCTS and NO RED OR PURPLE LIQUIDS.

CLEAR LIQUIDS INCLUDE:

Strained fruit juices without PULP (apple, white grape, lemonade)

Water, CLEAR broth or bouillon, coffee or tea (without milk or non-dairy creamer or powder)

Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, seltzer, fruit flavored drinks

Plain Jell-O (no added fruits or toppings), ice popsicles

NOTHING COLORED RED OR PURPLE

THE PREP HAS BEEN SENT TO YOUR PHARMACY AND/OR ALL NECESSARY ITEMS FOR YOUR PREP ARE OVER THE COUNTER:

(1) one Gas-X 125 mg Tablet (Simethicone)

(4) four Dulcolax 5 mg Tables (**LAXATIVE**)

(1) one Clenpiq colonoscopy prep kit

THE DAY BEFORE YOUR PROCEDURE AT 1:00 PM

take (4) four Dulcolax 5 mg tablets (LAXATIVE)

THE DAY BEFORE YOUR PROCEDURE AT 4:00 PM

Take (1) one Gas-X 125 mg tablet

Drink (1) one bottle of Clenpiq provided in your prep kit

Follow with (5) five (8) eight-ounce drinks of clear liquids (listed above)

THE DAY BEFORE YOUR PROCEDURE AT 10:00 PM

Drink (1) bottle of Clenpiq provided in your prep kit

Follow with (3) three (8) eight-ounce drinks of clear liquids (listed above)

Bowel movements may continue for 1-2 hours after you have finished taking the prep. By this time the stool should be clear. **YOU MAY HAVE CLEAR LIQUIDS UNTIL MIDNIGHT.**

ABSOLUTELY NOTHING BY MOUTH AFTER MIDNIGHT INCLUDING: CHEWING GUM, LOZENGES AND HARD CANDY UNLESS OTHERWISE DIRECTED BY YOUR PHYSICIAN.