



# COLONOSCOPY INSTRUCTIONS WITH *SPLIT DOSE*

**READ INSTRUCTIONS IN THE NEXT 1-2 DAYS. CALL FOR QUESTIONS.**

5-7 Days Prior To Procedure	3 Days Prior To Procedure	1 Day Prior To Procedure	Day of Procedure
<p>Ensure you have the Prep</p> <p>Stop all supplements and herbs such as fish oil, iron, vitamins</p> <p>Stop blood thinners* such as Aspirin, NSAIDS, Aggrenox, Effient, Plavix, Pletal, Pradaxa, Ticlid, Coumadin</p> <p><i>*Discuss with managing physician</i></p>	<p>Stop high fiber diet such as nuts, seeds, peels, popcorn</p>	<p>Only clear liquid diet today</p> <p>No Alcohol</p> <p>No solid food, milk or dairy, red or purple colored liquids</p> <p>Drink plenty of liquids</p> <p>For diabetics:            Half dose insulin            Monitor blood sugars closely</p> <p><u>First half of the prep at 5 PM</u></p>	<p><u>Second half of the prep 4 hours prior to procedure time</u></p> <p>No diabetic medications in AM</p> <p>No diuretic blood pressure medications in AM</p> <p><b>Nothing by mouth after prep</b></p> <p>Wear comfortable clothes</p>

Examples of Clear Liquids (No red or purple coloring)
<p>Water</p> <p>Clear broth (chicken, beef, vegetable)</p> <p>Clear juices (apple, white grape, white cranberry)</p> <p>Soft drinks (Sprite, 7 UP)</p> <p>Sport drinks (Gatorade, Powerade)</p> <p>Black coffee</p> <p>Black/green tea</p> <p>Jello</p> <p>Popsicles</p> <p>Flavored drinks (Crystal Light, Mio)</p>

# HOW TO TAKE CLENPIQ: DRINK, HYDRATE, REPEAT SPLIT-DOSE REGIMEN

## Evening Before

Between 5-9 PM



Drink 5 or more 8 ounce (oz) cups of clear liquids.\*  
 Finish liquids over the next 5 hours.

## Morning of

5 hours before procedure



Drink 4 or more 8 ounce (oz) cups of clear liquids.  
 Finish liquids 2 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, during, and after the prep.

## Prep Assistant

The time of your colonoscopy is \_\_\_\_\_:\_\_\_\_\_

Complete your prep and all hydration by \_\_\_\_\_:\_\_\_\_\_

1

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



2

### Evening before your colonoscopy

- Drink one bottle of CLENPIQ
- Hydrate

Drink 5 or more 8 ounce (oz) cups of clear liquid.



Start: \_\_\_\_\_:\_\_\_\_\_

Finish: \_\_\_\_\_:\_\_\_\_\_

Check off the cups as you go!

3

### (5 hours before colonoscopy time)

- Drink the other bottle of CLENPIQ
- Hydrate

Drink 4 or more 8 ounce (oz) cups of clear liquid.



Start: \_\_\_\_\_:\_\_\_\_\_

Finish: \_\_\_\_\_:\_\_\_\_\_

Check off the cups as you go!

\*After your first dose, if severe bloating, swelling, or stomach pain occurs, delay the second dose until the symptoms resolve.  
 Please see reverse page for additional information about CLENPIQ, the importance of a clear liquid diet, and hydration.

## INDICATION

CLENPIQ<sup>®</sup> is a prescription medicine used by adults and children 9 years and older to clean the colon before a colonoscopy. CLENPIQ cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

## IMPORTANT SAFETY INFORMATION

- Do not take CLENPIQ if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestines (bowel perforation), a very dilated intestine (toxic megacolon), problems with the emptying of food and fluid from your stomach (gastric retention), or an allergy to any of the ingredients in CLENPIQ.
- CLENPIQ and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts (electrolytes) in your blood. These changes can cause abnormal heartbeats that may result in death, seizures (this can happen even if you have never had a seizure), or kidney problems. Your chance of having fluid loss and changes in blood salts with CLENPIQ is higher if you have heart problems, have kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDs).

See Important Safety Information continued on the back.