



# ***THE GASTROENTEROLOGY GROUP, P.A.***

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## **PREPARATION FOR COLONOSCOPY USING CLENPIQ BOWEL PREP**

### **Important – Please read all instructions completely**

1. Clear liquid diet the day prior to your procedure and continued until 4 hours prior to procedure (see #4 below).
  - Juices without pulp (apple, white grape, or lemonade)
  - Black coffee or tea (NO milk; sugar is allowed); water
  - Plain Jell-O (NO red)
  - Soda or non-carbonated soft drinks
  - Clear broth or bouillon
  - Ice pops (NO red)
2. The evening prior to the colonoscopy drink one 5.4 ounce bottle of CLENPIQ right from the bottle. You must then hydrate by drinking five 8 ounce cups of water within 5 hours and before bed (40 ounces total).
3. Five hours prior to the colonoscopy, repeat step 2 above using the other 5.4 bottle supplied with your prep. You should drink three 8 ounce cups of water over the next hour (24 ounces total).
4. Please note that you **MUST** finish drinking the final glass of water at least 4 hours **PRIOR** to the start of your colonoscopy.
5. **Except for the bowel prep and water, you are to have nothing to eat (including gum and breath mints) after 12 midnight except for medications with a sip of water (please read important notices below).**

### **IMPORTANT NOTICES**

Please be sure that a member of your family or a friend accompanies you to and from the office to drive you home. This is necessary because of the sedation you will be given for the examination. You are not permitted to drive at any time following the procedure. You may resume driving the following day. You must have arrangements to have a friend or family member take you home after the examination. Taxis are not acceptable.

**Please take your heart and/or blood pressure medications with a sip of water 4 hours prior to the procedure. Please read page 2 of this letter regarding discontinuation of blood thinners.**

**Do not take oral diabetes medication the morning of the examination. If you are a diabetic who takes insulin, you are instructed to contact the prescribing physician for necessary insulin dosage adjustments.**

\*\*\*If this examination is to be cancelled, please inform our office no later than 48 hours prior to the examination.\*\*\*