

Clenpiq Bowel Prep Instructions

One Week Before:

- Avoid eating: seeds, nuts, granola, corn, quinoa, and popcorn
- Review the **Medication Tab** also on the COSC website to hold specific medications.
- Make sure to fill out your health history on www.1MP.com. Not doing so could result in a cancellation or a reschedule of your procedure(s).

One Day Before Colonoscopy:

- **CLEAR LIQUIDS ONLY** - no solid food
 - Allowed
 - Clear Fat-Free Broth (any flavor)
 - Tea or Coffee (no creamer or dairy) - sugar/honey are ok
 - Clear juices - apple, white grape
 - Carbonated beverages - Coke, Pepsi, Ginger-Ale, 7UP, Sprite, Ice - flavored water
 - Gatorade or other sports drinks
 - Flavored gelatin (Jello)
 - Popsicles (without milk or fruit pieces)
 - Electrolyte Water - Propel, Smartwater, Fuji Water
 - Clear Ensure - NOT chocolate, strawberry, or vanilla
 - **NOTHING THAT IS RED, BLUE, OR PURPLE****
 - NOT Allowed
 - No dairy products (including oat and soy milk)
 - No alcohol
 - No juices with pulp (orange, pineapple, grapefruit)
 - No lemons or limes (including lemonade)

It is important that you drink fluids and stay well hydrated prior to your colonoscopy.

****You MUST remain on a clear liquid diet until after your colonoscopy****

Bowel Prep:

- Follow these instructions - DO NOT FOLLOW INSTRUCTIONS ON THE BOX

CLENPIQ PREP INSTRUCTIONS

For your procedure you will take one half of the prep the evening before the test, and the other half the day of the test.

ONE DAY BEFORE PROCEDURE:

Dose one (Bottle # 1) : At 5 pm drink the entire **Clenpiq Bottle #1**. Follow by drinking five or more 8 oz glasses (cup provided) of clear liquids (minimum 40 ounces) within 4- 5 hours. Please continue to drink additional clear liquids before bedtime.

DAY OF PROCEDURE:

Dose two (Bottle # 2): 6 hours before your ARRIVAL TIME, drink the entire **Clenpiq Bottle #2**. Follow by drinking four 8 oz glasses (cup provided) of clear liquids (minimum 32 ounces). Please drink additional clear liquids (water, black coffee -without milk or cream, apple juice, soda pop or club soda) until **4 hours prior to your ARRIVAL time**.

Day of Procedure:

- **Do NOT smoke, chew tobacco, chew gum, or have hard candies or mints**
- ONLY CLEAR LIQUIDS- no solid food
 - Water
 - Black coffee (no creamer or dairy products) - sugar/honey are ok
 - Apple juice
 - Clear soda - 7Up, Sprite, club soda

****NOTHING BY MOUTH 4 HOURS PRIOR TO ARRIVAL OR YOUR CASE WILL BE CANCELLED****