

SUMMIT DIGESTIVE & LIVER DISEASE SPECIALISTS

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CLENPIQ BOWEL PREPARATION FOR YOUR COLONOSCOPY PROCEDURE

Colonoscopy Date: _____ TIME: Will Call 1 Day Before With Arrival Time

Starting 5 days before the test:

1. Take Milk of Magnesium (MOM) 3 tablespoons every night at bedtime for 5 days prior to your test.

THREE (3) DAYS BEFORE PROCEDURE:

2. Try to have a light diet (50% less of what you regularly eat) to reduce stool production.

THE DAY BEFORE YOUR PROCEDURE:

Liquid Diet ALL day long (WHOLE DAY, NO SOLID FOODS):

- Clear liquid base diet, EXCEPT MILK, CREAM OR YOGURT. AVOID RED, BLUE AND PURPLE JELL-O (GELATIN).

*IMPORTANT: YOU NEED TO STOP DRINKING LIQUIDS 5-6 HOURS BEFORE YOUR PROCEDURE TIME!.

- Clenpiq:
 - Start drinking **one bottle** of CLENPIQ at **1 PM** day before procedure, followed by 6 cups of clear liquid (8oz per cup). Finish clear liquid in the next 5 hours.
 - Start drinking **another bottle** of Clenpiq at **9PM** – followed by 4 cups of clear liquid.
- Dulcolax: Take **4 tablets** at the same time at **7 PM. Note** / Followed by 2-3 glasses of liquids.
- Magnesium Citrate: Drink the whole bottle **6 hours before your procedure time. Note/** followed by 2-3 glasses of liquids.

IMPORTANT REMINDER:

ASK A FRIEND OR RELATIVE TO DRIVE AND ASSIST YOU HOME AFTER PROCEDURE, SOMEONE MUST ACCOMPANY YOU.

DIABETIC PATIENTS:

- If you are taking an oral hypoglycemic (sugar pill): **DO NOT** take it the day before and of your procedure.
- If you are taking **insulin, please take ½(half)** of your prescribed AM insulin dose, the day before procedure and **skip your night time insulin dose.**

MEDICATION INSTRUCTIONS

You will need to discontinue the medications listed below:

- Anticoagulant/Blood thinner/medication to prevent blood clot: Coumadin/Warfarin, Apixaban/eliquis, Plavix/Clopidogrel, Rivaroxaban/xarelto, Ticagrelor/brilinta, stop 5-7 days before procedures. Advise patients to consult their prescribed MD before stopping this medication. **(No need to stop Aspirin)**
- Ibuprofen (Advil, Motrin), Ketoprofen, Naproxen (Aleve) and other NSAIDs (non-steroidal anti-inflammatory drugs) – **3 Days Before Procedure**

YOU MAY TAKE YOUR REGULAR MEDICATION UNLESS INSTRUCTED OTHERWISE.

If you have any questions, please contact our office at 630-889-9889