

# Middlesex/Monmouth Gastroenterology

## CLENPIQ BOWEL PREPARATION FOR COLONOSCOPY

**YOUR BOWEL PREP IS VERY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.**

### **DAY PRIOR:**

**Breakfast/Before 10:00 am:** You may have a protein shake, eggs, or white rice. **NO OTHER SOLID FOODS!**

**AT 10:00 AM – STOP ALL SOLID FOODS and BEGIN clear liquid diet the rest of the day. (see clear liquid list at the bottom)**

**DRINK at least 64 ounces of clear liquids – the more the better – prior to beginning your prep.**

### **1<sup>st</sup> part of prep**

At about 5:00 pm begin drinking one (1) bottle of the CLENPIQ, you do not need to mix it with water. Try to complete CLENPIQ over one (1) hour. After completing CLENPIQ drink at least 40 ounces (five 8-oz cups) of clear liquids.

### **ARRIVAL TIME 7:00-9:15 FOLLOW COLUMN A**

A) Follow the **DAY PRIOR** instructions and then this column.

### **2<sup>nd</sup> part of prep**

At about 10:30 pm begin drinking one (1) bottle of the CLENPIQ, you do not need to mix it with water. Try to complete over one (1) hour, then follow with at least 24 ounces (three 8- oz cups) of water. This should be completed no later than 12:00 midnight.

### **ARRIVAL TIME AFTER 9:30 FOLLOW COLUMN B**

B) Follow the **DAY PRIOR** instructions and then this column.

### **2<sup>nd</sup> part of prep**

At least 5 hours prior to your procedure begin drinking one (1) bottle of the CLENPIQ and try to complete over one (1) hour. After completing the CLENPIQ, drink at least 24 ounces (three 8-oz cups) of water.

**\*\*\*ALL FLUIDS MUST BE FINISHED AT LEAST 4 HOURS BEFORE YOUR ARRIVAL TIME\*\*\***

**\*\*NOTHING TO DRINK INCLUDING WATER WITHIN 4 HOURS OF YOUR ARRIVAL TIME, UNLESS YOU TAKE MEDICATION THAT SHOULD NOT BE STOPPED.... PLEASE SEE MEDICATION SHEET\*\***

### Clear Liquid Examples



water



sport drink



lemonade



tea



coffee



popsicle



chicken broth



soft drink



jello



apple juice



white grape juice

### Not Clear Liquid Examples



red sport drink



red popsicle



grape juice



orange juice



red jello



yogurt

**NOTHING RED OR PURPLE, NO MILK/CREAMER, ALCOHOLIC BEVERAGES, GUM OR SMOKING.**

