

St. George Office
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BLOOD THINNERS • 5 Full Days prior to your exam stop taking Plavix (Clopidogrel) Coumadin (Warfarin)
• 2 Full Days prior to your exam stop taking Pradaxa (Dabigatran), Xarelto (Rivaroxaban), and Eliquis (Apixaban) • If you have any questions please call your prescribing physician.

CLENPIQ PREP FOR COLONOSCOPY

1. THE DAY BEFORE YOUR PROCEDURE:

- A. **At 8:00 AM**, start restricting your diet to **CLEAR liquids** which include clear broth soups, jello, apple juice, coffee/tea (no creamers), sports drinks, clear sodas, and popsicles. **DO NOT DRINK ORANGE JUICE, MILK, TOMATO JUICE OR ANYTHING WITH PULP. AVOID RED OR PURPLE LIQUIDS/DYE.**
- B. **At 6:00 PM**, begin drinking the 1st bottle of Clenpiq (5.4 oz) straight from the bottle.
- C. Drink an additional 40 oz of clear liquid over the next 5 hours (8 oz cup is included with kit). This is a necessary step to ensure adequate hydration and effective prep.

2. In addition to prep, at **6:00 PM** start taking an 80mg or 125mg Simethicone (Gas-X) every 6 hours until procedure. Simethicone can be purchased over the counter.

3. THE DAY OF YOUR PROCEDURE:

- A. **5 hours before your procedure time:** Drink the 2nd bottle of Clenpiq (5.4 oz) straight from the bottle.
- B. Drink an additional 32 oz of clear liquid over the next 2 hours. This is a necessary step to ensure adequate hydration and effective prep.
- C. You may drink clear liquids until **3 hours** prior to your procedure time, then **STOP ALL LIQUIDS.**

You may experience some of the following symptoms: headaches, chills, and/ or nausea. Do not be alarmed as this is normal due to the Clenpiq. You may have to sit on the toilet while taking the Clenpiq.

You may apply zinc oxide or petroleum jelly to anal area to prevent irritation.

PLEASE BRING SOMEONE WITH YOU TO DRIVE YOU HOME, AS YOU WILL BE SEDATED FOR THE EXAM. Your exam will be cancelled if you do not have someone to drive you home. Remember to **TAKE ALL YOUR USUAL MEDICATIONS** (except for blood thinners) the morning of your procedure. **If you take insulin in the morning take only ½ of your usual dose.**

If you have any questions concerning the examination or the prep instructions please call our office at (435) 673-1149