

2 Day Prep Instructions with Clenpiq

Please read and follow these instructions carefully. The colonoscopy cannot be completed if your colon is not clean and you will be rescheduled

Day 1 Prep

Purchase at the Pharmacy/Grocery Store:

- One (1) box of Dulcolax (bisacodyl) tablets (box of 4 tablets)
- Miralax 8.2 oz. (238g)
- One (1) 64 oz. bottle of Gatorade (NO RED COLORS). If you do not like Gatorade, you may use water, Crystal Lite, etc.

Day 1 Prep Instructions:

Eat normally on Day 1 of the prep

- **Prepare the Miralax mixture:**
 - Mix **8.3 oz. of Miralax** with **64 oz of Gatorade**. Shake well until fully dissolved. Chill the mixture in the refrigerator.
- **Drink the mixture: Any time of day**
 - Drink **1 glass (about 8 oz)** every **15 minutes**. Continue until you have finished the entire 64 oz.
- **Take Dulcolax tablets:**
- Take **2 Dulcolax tablets at 3:00pm**. Follow with **3-4 glasses of clear liquid**.
- Take **2 Dulcolax tablets at 8:00pm**. Follow with **3-4 glasses of clear liquid**.

Day 2 Prep

Please pick up Clenpiq from your pharmacy as soon as they fill your prescription.

- You may eat a light breakfast, no solids after 11:00 am.
- **Do not** have any dairy products.
- **Do not** have any items with **RED DYE!!!**
- **6:00 pm** – Drink the first bottle of Clenpiq as instructed in the following steps:
- Finish the bottle with 30 minutes
- You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour
- **5 hours before your report time*** - Repeat the steps to complete the second bottle of Clenpiq.

DO NOT eat or drink anything after you have finished the prep.

Medication Instructions

Please inform us before you schedule the procedure if you have any of the following:

- An internal defibrillator
- Latex allergy
- Are on home oxygen
- If you take antibiotics for dental procedures, please contact the prescribing physician for instructions
- If you take ANY other medications, please refer to the next page for additional instructions

If you are diabetic:

- Hold your diabetic medication the morning of the test.
- If you take insulin, take ½ of your normal dose the night before and ½ of your normal dose the morning of the procedure.
- Use sugar-free drinks for liquids, like Crystal Lite, during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar. *If your blood sugar is low, you may drink a sugary beverage.*

*If you are taking **any blood thinners**, please contact the physician who ordered the medication for instructions.

Day of Procedure

Reminder:

- Do not eat or drink anything before your procedure
- Dress in light, loose clothing.
- Do not wear makeup, nail polish, jewelry, hairspray, or perfume.

Bring:

- Insurance Card
- Identification Card
- All your current medications and dosages.
- An eyeglass case if you wear glasses.

**You will receive a phone call from the facility 1-2 days before your procedure with your report time*

If you have any questions about these instructions, please call our office at 302-892-9900.