Colonoscopy Prep Instructions - Clenpiq

Please see attached bowel prep instructions and Medication Information sheet.

2 Days Before	1 Day Before	Night Before	Morning of Your Procedure
Drink at least eight 8-ounce glasses of water during the day. Take a dose of MiraLax in the evening to ensure a good prep. It should not give you diarrhea or interfere with your daily activities. You can get MiraLax from your local drug store or obtain a complimentary packet from the Cedar Valley Digestive Health Center at 1015 S. Hackett Rd. in Waterloo.	DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY. Your preparation will be better if you drink extra fluids. Begin drinking clear liquids first thing in the morning and continue throughout the day. (Note: if you are on fluid restrictions, please let us know). Drink an 8-ounce glass every hour at minimum. It is important that you drink plenty of liquids to help the laxative work and to avoid dehydration. Please see Clear Liquid Diet sheet	Start your laxative at 6:00 p.m. See page three for further preparation instructions Do not use any smokeless chewing tobacco or nicotine pouches at least 6 hours prior to your arrival time.	Take the second dose of laxative 4 hours prior to your arrival time (plus drive time) – see page three for further preparation instructions. Even if your stools were clear after your laxative dose last evening, you must drink the second laxative dose. STOP DRINKING CLEAR LIQUIDS 2 HOURS PRIOR TO YOUR ARRIVAL TIME. Your stools should be clear or yellow, so that you can see through to the bottom of the toilet following a bowel movement. If you are having stools that are brown or contain pieces, call our office at 319-234-5990. *Take medications at least 2 hours before or after drinking the laxative. If you use inhalers, please bring them with you.

Date of procedure	Arrival time		

** EXPECT TO BE HERE 3-4 HOURS **

Location: Cedar Valley Digestive Health Center

1015 S. Hackett Rd., Waterloo, IA 50701

If you have any questions or concerns, please call our office at 319-234-5990.

Office hours are Monday–Friday from 8:30 a.m. - 5:00 p.m., with phones answered 24 hours per day for emergencies.



1015 S. Hackett Rd., Waterloo, Iowa 50701

319.234.5990



(sodium picosulfate, magnesium oxide, and anhydrous citric acid) Oral Solution

10 mg/3.5 g/12 g per 160 mL bottle

TAKING CLENPIQ

STEPS TO COMPLETE THE PREP

The Split-Dose Regimen







Hydration is important and it's part of the prep. Make sure to hydrate before you take the prep, while you're taking the prep, and after the prep.

Prep Assistant Use the prep assistant as a guide for completing your prep.

The time of your colonoscopy is			
	Complete your prep and all hydration by		
	Evening before your colonoscopy	Morning of your colonoscopy	
ON THE DAY BEFORE THE COLONOSCOPY, stop eating all solid food and dairy, and start hydrating by	Drink one bottle of CLENPIQ Drink CLENPIQ right from the bottle Then, keep hydrating Drink 5 cups (8 oz each) of clear liquid.	Drink the other bottle of CLENPIQ Drink CLENPIQ right from the bottle Then, keep hydrating Drink at least 3 cups (8 oz each) of clear liquid.	
drinking clear liquids.	Check off the cups below as you go!	Check off the cups below as you go!	
B CZ	Start:: Finish::	Start:: OR MORE Finish::	

*After your first dose, if severe bloating, swelling, or stomach pain occurs, delay the second dose until the symptoms resolve. Please see reverse page for additional information about CLENPIQ, the importance of a clear liquid diet, and hydration.

INDICATION

CLENPIQ is a prescription medicine used by adults to clean the colon before a colonoscopy. CLENPIQ cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

IMPORTANT SAFETY INFORMATION

- Do not take CLENPIQ if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestines (bowel perforation), a very dilated intestine (toxic megacolon), problems with the emptying of food and fluid from your stomach (gastric retention), or an allergy to any of the ingredients in CLENPIQ.
- CLENPIQ and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts (electrolytes) in your blood. These changes can cause abnormal heartbeats that may result in death, seizures (this can happen even if you have never had a seizure), or kidney problems. Your chance of having fluid loss and changes in blood salts with CLENPIQ is higher if you have heart problems, have kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDS).

See additional Important Safety Information on the back.



(sodium picosulfate, magnesium oxide, and anhydrous citric acid) Oral Solution

10 mg/3.5 g/12 g per 160 mL bottle

READY, SET, COMPLETE THE PREP

What is CLENPIQ?

CLENPIQ is a prescription medicine that cleans your colon.

CLENPIQ is ready for you to drink right from the bottle. It does not need to be mixed or diluted.

Do not refrigerate or freeze CLENPIQ.

What's in the CLENPIQ box?



Two bottles of CLENPIQ (5.4 oz each)



An 8 oz cup for drinking clear liquids



The Patient Medication Guide and the Instructions for Use for your reference

Start Hydrating

On the day before your colonoscopy, start hydrating by consuming only clear liquids and stop eating all solid foods and dairy.

It's important to hydrate before you take the prep, while you're taking the prep, and after the prep. Follow your doctor's instructions completely.

ACCEPTABLE CLEAR LIQUIDS FOR HYDRATING				
Water	Ginger ale and other sodas			
Black coffee or tea	Clear juices: such as apple or white grape juice			
Clear broth or bouillon	Plain Jell-O			
Sports drink	Frozen juice bar			



LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE PULP, MILK, CREAM, SOY OR NON-DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SEE THROUGH.

Ready? Set? This video may help you prep. Hydrate along at www.CLENPIQ.com

IMPORTANT SAFETY INFORMATION (CONTINUED)

- Your healthcare provider may do blood tests after you take CLENPIQ to check your blood for changes. Tell your healthcare provider right away if you have any of these symptoms resulting from a loss of too much body fluid (dehydration): vomiting, nausea, bloating, dizziness, stomach-area (abdomen) cramping, urinating less often than normal, trouble drinking clear liquids, troubles swallowing, seizures, or heart problems.
- CLENPIQ can cause ulcers of the bowel or bowel problems (ischemic colitis). Tell your healthcare provider right away if you have severe stomach-area (abdomen) pain or rectal bleeding.
- The most common side effects of CLENPIQ include nausea, headache, and vomiting. These are not all the possible side effects of CLENPIQ. Ask your doctor or pharmacist for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying full Prescribing Information, including Medications Guide, also available at www.CLENPIQ.com.



CedarValley GI.com

1015 S. Hackett Rd., Waterloo, Iowa 50701

319.234.5990