



## **Clenpiq Bowel Prep Instructions**

Removing the contents of the colon is essential for a successful colonoscopy. If your bowel is not adequately cleansed, your exam may be limited and abnormalities may be missed; your procedure could be prolonged; or your exam may be repeated / rescheduled.

### **THE DAY BEFORE your colonoscopy:**

**THE DAY BEFORE** your colonoscopy you cannot eat any solid food. You can drink plenty of clear liquids (a clear liquid is any liquid that you can see through) throughout the day. The more you drink, the better you will feel and the better your bowel preparation will be.

**Clear liquids** examples include water, black coffee (no milk), tea (no milk), clear broth/bouillon, soda, fruit juice (without pulp), sports drinks such as Gatorade, PowerAde, Italian ice and jello. (**NO red jello or red liquids**). Milk and other dairy products or substitutes are NOT allowed. NO alcoholic beverages.

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### **THE DAY OF your colonoscopy:**

At **5AM**, drink the first bottle of the Clenpiq. Then drink a total of 5 cups (8 oz each) of water for a total of 40 oz of water.

At **9AM**, drink the second bottle of the Clenpiq. Then drink 4 cups (8 oz each) of water for a total of 32 oz. of water. **You must finish this second dose of the preparation at least 2 hours before your colonoscopy.**

**\*\*\*\*\*NOTHING BY MOUTH 2 HOURS BEFORE YOUR PROCEDURE\*\*\*\*\***

If you are having trouble with the taste of the bowel prep solution, you can flavor it with tea bags, sugar, honey or lemon. Some find it helpful to add ice and drink it through a straw.

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After taking the laxative prep, you will have diarrhea. In general, stay well hydrated - this will help you feel well and improve the quality of your prep. Rarely, patients experience abdominal cramps, bloating, discomfort or nausea and if this occurs, give yourself a short break of about 30 minutes. These symptoms typically improve with time or with bowel movements.

**Please call with any questions, concerns or symptoms (203) 777-0304.**

***PLEASE FOLLOW OUR INSTRUCTIONS! DO NOT FOLLOW THE INSTRUCTIONS IN THE BOX!***

## Procedure Locations-

**Shoreline Endoscopy Center:** 800 Boston Post Road, Building #1, Guilford. Convenient and plentiful outdoor parking.

**Yale Saint Raphael's Campus:** Digestive Disease Center - Take Elevator C to the 2nd floor of the Celentano wing of the main hospital. Parking is available in the George Street Garage attached to the hospital.

**Park Avenue Medical Center:** 5520 Park Avenue, Trumbull. Park in the parking garage. Parking is free. You may park anywhere in the garage and take the elevator to the bridge (BR button in the elevator). Walk across the bridge toward the elevator at the end of the hallway. The door to the procedure/endoscopy area is on the right.

## Ownership Statement:

Disclosure of Ownership Interest: You have the right to have your procedure performed at the facility of your choice. The following physicians have an ownership interest in Shoreline Endoscopy Center, LLC: Michael Bennick, Sidney Bogardus, Myron Brand, Cary Caldwell, Joann Hong-Curtis, Michael Lipcan, Kristin MacArthur, Jeremy Matloff, Hannah Miller, Wayne Panullo, David Wolfsohn, Daniel Zanchetti.