

St. George Office
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2 DAY PREP CLENPIQ

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.

ITEMS YOU WILL NEED:

- 1- 6 Dulcolax tablets (5mg each) – purchased over the counter.
- 2- 1 bottle of Magnesium Citrate – purchased over the counter.
- 3- Clenpiq – This is a prescription that will be sent to your pharmacy.
- 4- Simethicone 80mg-125mg tablets – purchased over the counter.

TWO DAYS PRIOR TO PROCEDURE:

- **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.**
- **At 12:00 noon** take 6 Dulcolax tablets (5mg each) for a total of 30 mg.
- **At 6:00 pm** drink 1 bottle of Magnesium Citrate.

ONE DAY PRIOR TO PROCEDURE:

- **Continue to stay on clear liquids.**
- **At 6:00 PM:** Drink Clenpiq (5.4oz) directly from bottle
- Drink an additional 40oz of clear liquid over the next 5 hours (8 oz cup included in kit)

In addition to prep start at 6:00 PM 80mg or 125mg Simethicone (Gas-X) every 6 hours until procedure starting day before procedure. Simethicone can be purchased over the counter.

THE DAY OF YOUR PROCEDURE:

- **5 hours before your appointment time:** Drink Clenpiq (5.4oz) directly from 2nd bottle
- Drink an additional 40oz of clear liquid over the next 5 hours (8 oz cup included in kit)
- Continue to drink clear liquids until **3 hours** prior to the procedure.

You may experience headache, chills or nausea from the prep, do not be alarmed. 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 from your appointment 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