

Colonoscopy with CLENPIQ

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Preparation

Your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation. Please read these instructions carefully **at least one week** prior to your exam. Obtain Clenpiq Bowel Prep from your pharmacist (**NOTE: this requires a prescription**).

Medication and Diet Instructions:

Seven days before the procedure:

1. Stop taking **aspirin** (and aspirin-containing products) and Plavix (Clopidogrel).

Acetaminophen (Tylenol) can be continued or substituted as a pain-reliever for aspirin.


Three days before the procedure:

1. Stop taking **Coumadin (Warfarin)**. If you have an artificial heart valve, you need to talk to your primary care physician or cardiologist about using an alternative anticoagulant.
2. Stop taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen, and Naproxyn.
3. Avoid eating nuts, seeds, popcorn, grapes, green peas, beans and tomatoes. Fibers from these foods can clog the colonoscope.

On the day before the examination:

You may have a regular breakfast. After breakfast, you will need to go on a clear liquid diet. You can drink clear liquids up to 2 hours prior to your appointment. **Avoid juices with pulp** such as orange or grapefruit juice. **No dairy products, cream or soy**. Coffee and tea are O.K. Examples of clear liquids include broth and bouillon, Jell-O, clear juices (white grape or apple), sports drinks such as Gatorade or PowerAde, sodas such as Sprite, 7-Up, or ginger ale, lemonade, popsicles, coffee or tea and of course, water. **Avoid red or purple colored liquids**. You may use sugar, honey, or lemon. **It is important that you drink as much fluid as you can throughout the day**. It is also worthwhile to get a supply of aloe wet wipes and Desitin ointment to ward off a sore bottom.

On the day before the procedure:


CLENPIQ™
 (sodium picosulfate, magnesium oxide,
 and anhydrous citric acid) Oral Solution
 10 mg/3.5 g/12 g per 160 mL bottle

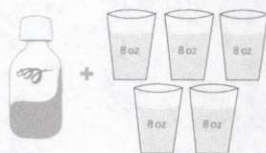
TAKING CLENPIQ

STEPS TO COMPLETE THE PREP

The Split-Dose Regimen

Evening Before

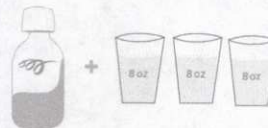
Between 5-9 PM



Drink 40 oz (5 cups) of clear liquids.*
 Finish liquids over the next 5 hours.

Morning of

5 hours before procedure



Drink at least 24 oz (3 cups) of clear liquids.
 Finish liquids 2 hours before your colonoscopy
 or as advised by your doctor.



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

- ☐ Drink one bottle of CLENPIQ
 Drink CLENPIQ right from the bottle

Then, keep hydrating
 Drink 5 cups (8 oz each) of clear liquid.
 Check off the cups below as you go!



Start: _____:

Finish: _____:

Morning of your colonoscopy

- ☐ 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.
 Check off the cups below as you go!



OR MORE

Start: _____:

Finish: _____:

**ON THE DAY
 BEFORE THE
 COLONOSCOPY,**
 stop eating all solid
 food and dairy, and
 start hydrating by
 drinking
 clear liquids.



*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.


CLENPIQ™
(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.

1. Do not eat or drink anything 2 hours prior to your appointment.
2. You should be accompanied by a friend or relative to drive or assist you home.

You will not be allowed to drive for 12 hours after the procedure.

3. You should take your regular medications with sips of water unless you are instructed otherwise.

4. Special Instructions:

- ___ If you are a diabetic taking insulin, hold the morning dose of insulin the day of the procedure.
- ___ If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.
- ___ Be sure to remember any allergies to medications and to latex, or conditions that would make you sensitive to sedation such as sleep apnea syndrome.

Commonly asked Questions:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self administer a fleet enema prior to leaving home for the procedure..

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake (especially with sports drinks such as Gatorade or PowerAde).

Will the prep interfere with my other medications?

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

What if I have other questions?

Call our office to address any other concerns not answered here.