

### TIMELINE OF YOUR COLONOSCOPY PREPARATION

The Day Before Your Procedure	
<b>Between 4:00 pm to 6:00 pm</b>	<ol style="list-style-type: none"><li>1. Take the first dose of Clenpiq® (1 bottle).</li><li>2. <b>VERY IMPORTANT.</b> Follow the Clenpiq® by drinking five or more 8-ounce cups (cup provided) of clear liquids (40 ounces total) within 5 hours before bed.</li><li>3. If severe bloating, distention, or abdominal pain occurs following the first dose, delay the second dose until the symptoms resolve.</li></ol>
The Day of Your Procedure	
<b>6 hours Prior to Arrival</b>	<ol style="list-style-type: none"><li>1. Take the second dose (the second bottle) of Clenpiq®.</li><li>2. <b>VERY IMPORTANT.</b> Follow the Clenpiq® by drinking four or more 8-ounce (cup provided) of clear liquids at least 3 hours before the colonoscopy.</li></ol>

### PREPARATION TIPS

1. Since the bowel preparation will cause diarrhea, it is important to stay hydrated. Make a conscious effort to drink clear liquids throughout the day to prevent dehydration.
2. Try to drink the preparation with a straw as this may be easier to tolerate.
3. The bowel preparation will result in diarrhea so please plan appropriately.
4. If you start to feel nauseated, you can pause for 20-30 minutes and then begin drinking the solution more slowly. Some patients say that walking around helps relieve their nausea.
5. Be sure to finish the entire prep or else the colon may not clean adequately.
6. Your output/bowel movements should be clear (or yellow) after you've completed the bowel preparation. If you are still seeing stool/brown after completing the 2nd dose, please call our office.

**DO NOT FOLLOW THE PREP INSTRUCTIONS ON THE PRODUCT'S BOX OR THAT THE PHARMACY PROVIDES. YOU MUST FOLLOW OUR PREP INSTRUCTIONS AS WRITTEN IN THIS DOCUMENT.**