

## Getting Ready for Your Colonoscopy Procedure Using CLENPIQ

**Important: Please read at least 1 week before your procedure.**

### 1 Week Before Procedure

Arrange for a responsible adult to drive you home. (**This is required** for sedation).

### Health Changes

Let us know if you have had any major health changes, illnesses or recently been in the hospital. Call **(608) 890-5010**.

### Medicine Changes

You need to stop or adjust blood thinning and diabetes medicines before your procedure.

**You must call the doctor who prescribed the medicine to discuss:**

- **When do I stop or adjust my blood thinning medicine?**
- **How do I take my diabetes pills or insulin during my prep time?**

**Iron & Multivitamins with iron—stop taking 5 days before your procedure.** (You do not need to contact your doctor first.)

### 3 Days Before Procedure CLENPIQ

Call your pharmacy to let them know you will be picking up CLENPIQ. CLENPIQ cleanses the colon to get ready for your procedure. It is also called a bowel prep. Do not mix CLENPIQ with water. Do not freeze CLENPIQ or put it in the fridge.

**Call us if you have been sick or are constipated.**

### Low fiber Diet

Stop these foods and medicines:

- Corn, popcorn, seeds or nuts
- Uncooked vegetables, beans and lentils, potato skins
- Whole grain breads, granola or high fiber cereals
- Fiber drinks or pills (like Metamucil<sup>®</sup>, Citrucel<sup>®</sup>, or Benefiber<sup>®</sup>)

See UW Health website for tips of what you can eat: [www.uwhealth.org/digestivehealth](http://www.uwhealth.org/digestivehealth)

### 1 Day Before Procedure

#### Clear Liquid Diet

Drink at least 8 glasses of clear liquids all day to prevent dehydration. What are clear liquids? They include these “see-through” items:

- Water, clear sports drinks like Gatorade<sup>®</sup>
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O<sup>®</sup>

They do not include:

- **No** creamers, milks or other dairy products
- **No** red or purple colored liquid
- **No** solid food

### When do I start the clear liquid diet?

- If your arrival time is **before 11 am tomorrow**, stop eating solid food and begin the clear liquid diet at **10 am today**.
- If your arrival time is **after 11:30 am tomorrow**, stop eating solid food and begin the clear liquid diet at **2 pm today**.

### Medicines

Take your daily medicines today. Do **not** take the medicines you were told to stop. Take your medicines at least one hour before or one hour after drinking CLENPIQ.

CLENPIQ is a total of 2 bottles. You will drink each bottle according to the time you are schedule to arrive

- If your arrival time is **before 11am tomorrow**, drink 1 bottle of CLENPIQ between **4 pm and 6 pm today**.
- Drink 5 cups (40 ounces) of clear liquids over next 5 hours.
- Drink the second bottle of CLENPIQ **between 10 pm and midnight**.
- Drink 3 cups (24 ounces) of clear liquids over next 5 hours.
- If your arrival time is **after 11:30am tomorrow**, drink 1 bottle of CLENPIQ between **6 pm and 8 pm**.
- Drink 5 cups (40 ounces) of clear liquids over next 5 hours.

You will have loose, then liquid stools. You may have nausea and headache.

### Procedure Day

#### Diet

- No food.
- Stay on clear liquids (no red or purple)

### Bowel Prep

- If your arrival time is **after 11:30 am**, drink the second bottle 5-6 hours before your arrival time.
- Drink at least 3 cups (24 ounces) of clear liquids after the second bottle.
- Stop drinking everything, including water\* 4 hours before arrival at Digestive Health Center.

**\*Exception:** You may have no more than ½ cup (4 ounces) water with medicines at least 1 hour before your arrival.

As you finish CLENPIQ, your stools should be watery clear or yellow, with no solids (flecks of stool are OK). If you are still passing solid or brown stools, call us at **(608) 890-5010**.

### What to Bring

- CPAP or BiPAP and any inhalers that you use
- Eyeglasses or contact lens case
- Denture cup
- Ostomy supplies
- Wear comfortable clothing
- Do not bring valuables, money or jewelry

### What to Expect

- Plan to be at UW Digestive Health Center about 2-3 hours, from the time you check in until the time you can leave.
- It is up to you if your driver stays in our waiting room or in your private prep and recovery room where private medical information will be discussed.
- Before the procedure, the doctor will talk with you, answer questions, and ask you to sign a consent form.
- An IV will be placed by a nurse.

- Medicines will be given during your procedure to help you relax and keep you comfortable.
- After your procedure, your doctor will talk with you about the results and give you a report. We strongly suggest that you have your driver wait in your private room to hear the results with you.
- You will feel sleepy when you leave.
- Plan to spend the day resting at home. You cannot drive or return to work due to the sedation medicines. Most patients are able to return to their normal activities the day after their exam.
- If biopsies are taken or polyps removed, you can expect to get lab results 1-2 weeks after your procedure, either by phone or by mail.
- It may take up to a week for your bowel habits to return to your normal.
- Between glasses, you can chew gum or suck on slices of lime or lemon or hard candies. Avoid red or purple candy as these can stain your colon.

See website for more information such as prep video, diet tips, and prep worksheet: [www.uwhealth.org/digestivehealth](http://www.uwhealth.org/digestivehealth).

#### **Contact Us**

UW Health Digestive Health Center  
750 University Row  
Madison, WI  
**(608) 890-5010**  
**(855) 342-9900**

University of Wisconsin Hospital & Clinics  
GI Procedure Center  
600 Highland Avenue  
Madison, WI  
**(608) 263-8097**  
**(800) 323-8942**

Meriter Hospital Digestive Health Center  
Lower Level  
202 S. Park Street  
Madison, WI  
**(608) 417-6389**

#### **Tips for a Successful Colon Prep**

- Plan on each dose taking several hours.
- Stay near a bathroom. Stock up on soft toilet paper and reading materials.
- The prep has a juice-like flavor. It should not be mixed with any other liquid. Drinking the prep through a straw may help reduce the taste for you.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF #8083