

# COLONOSCOPY INSTRUCTIONS FOR SUPREP®/CLEAR LIQUID

If you have a history of constipation (move your bowels 2-3 times weekly) you may need additional bowel prep to help clear your colon. Please contact the intake nurse to discuss prep options at **309-370-6838**. Be prepared once you start drinking the prep, it may take effect at any time.

STEP  
1

## 7 DAYS BEFORE PROCEDURE

- Stop taking Phentermine (Apidex), iron supplements, vitamins containing iron and Olestra/Olean (i.e. WOW chips)

### CHECK FOOD LABELS

- AVOID FOODS THAT HAVE SEEDS, NUTS, LETTUCE, CABBAGE, CORN, BEANS
- STOP FIBER SUPPLEMENTS
- Pick up the prep at the pharmacy.

**DO NOT FOLLOW THE INSTRUCTIONS FROM THE PHARMACY. Do not open Clenpiq bottles yet. You will also need to purchase one of the following: Gas-X, Mylanta Gas, Maalox Anti-Gas or similar product containing Simethicone.**

- If taking Plavix, Effient, Aggrenox, Coumadin, Eliquis, Pradaxa or any blood thinning medication, please inform our nurse at the time of call. This medication will need to be held prior to the procedure and an order obtained from the prescribing physician.
- Stop taking Phentermine at this time.



*If diabetic, please contact your primary care doctor regarding instructions for diabetic medication while on the clear liquid diet.*

STEP  
2

## 3 DAYS BEFORE PROCEDURE

- Take one dose of Miralax (generic-glycolax-over the counter) every AM until you start your prep (follow instruction on the bottle).

STEP  
3

## 1 DAY BEFORE PROCEDURE ALL DAY

- Stay on clear liquid diet the entire day (no solid food on this day).
- Drink 8 ounces of clear liquid every hour beginning at 6 AM. This is not the prep solution.
- **Do NOT** consume any products containing red dye. No pulp.

*Liquids allowed: Regular or decaf tea or coffee (**NO DAIRY PRODUCTS OR DAIRY SUBSTITUTES**). Any carbonated beverages. Kool-aid, gatorades and sport drinks, 100% fruit juices, jell-o (Do not add fruit, vegetables or dairy products), popsicles (plain, not creamy or fruity), sugar, honey, fat free broth or bouillon, If you are diabetic, you may have Ensure BREEZE (clear) only. NO other ensures are allowed.*

STEP  
4

## 1 DAY BEFORE PROCEDURE STARTING AT 6 PM

- Drink 1 bottle of Clenpiq then, keep hydrating by drinking 5 cups (8oz each) of clear liquid. Finish liquids over the next 5 hours.
- If you have trouble drinking the solution, please slow down, we don't want you to throw up prep. It is very important that all the solution is drank and retained.
- Prep may cause chills after drinking it.

STEP  
5

## DAY OF PROCEDURE STARTING 6 HOURS PRIOR TO YOUR PROCEDURE

- Drink 2nd bottle of Clenpiq. Drink at least 3 cups (8oz each) of clear liquids. This is part of the prep process. It is very important to drink the second dose on the day of your procedure as it cleans out your colon better and will help us to identify polyps.

**Please make sure you are looking at every stool.** Stool should appear watery, clear to yellow in color with no sediment.

## 4 HOURS BEFORE PROCEDURE DO NOT DRINK ANY FURTHER LIQUIDS.

- 2 hours before procedure, take heart and blood pressure medication with a small sip of water.
- Please do not apply lotions, perfumes or cologne the morning of your procedure.
- Females may be required to do a urine pregnancy test prior to the procedure. Please inquire (about test) at the desk, upon arrival or before using the restroom.

## TIPS FOR IMPROVED BOWEL PREP

- Drink the whole dose of prep quickly rather than sipping small amounts
- Try drinking the bowel prep solution through a straw.
- Rinse mouth with water, clear soda, or mouthwash after drinking
- Apply diaper rash cream/zinc oxide liberally after each trip to the bathroom



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