



Digestive Health Specialists OF THE SOUTHEAST

INSTRUCTIONS FOR OUTPATIENT PROCEDURES/COLONOSCOPY

CLENPIQ PREPARATION

1. **FIVE DAYS PRIOR TO PROCEDURE: (Restricted Residue Diet) DO NOT EAT** nuts, seeds, popcorn, or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fiber all, etc.
2. **ONE DAY PRIOR TO PROCEDURE:** You may only eat or drink clear liquids the entire day prior to your test. You may have Jell-O, popsicles, clear juices that have no pulp, black coffee, tea, colas, etc. **NOTHING RED, PURPLE, OR BLUE AND NO DAIRY PRODUCTS!!!**
3. The evening before your procedure, typically between 5-9 pm, drink one bottle of CLENPIQ prep along with 40 ounces of clear liquids over the next 5 hours.
4. The morning of your procedure or at least 5 hours prior to your procedure, drink the other bottle of CLENPIQ prep along with 24 ounces of clear liquids.
5. The liquids should be completed at least two hours prior to your scheduled arrival time for your procedure.
6. This will be the last liquid you can drink prior to your procedure.
7. It is ok to take your required medication with only a small amount of water.