

# CLENPIQ COLONOSCOPY Split “PREP”

Modern colonoscopy is a diagnostic procedure to examine the colon, or large intestine. Over the past 40 years, it has become the gold standard in screening for colon polyps and prevention of colorectal cancer. With modern methods of sedation and newer thin flexible instruments, most exams are quick, painless, and very safe. For an accurate examination, however, it is critical that your colon is purged of all waste material using a restricted diet and laxative preparation, or "prep." Colonoscopy is an important test. Read this carefully and take the time to prepare correctly. *REMEMBER: An accurate colonoscopy requires an excellent prep. Cranberry flavored CLENPIQ is the most palatable AND effective prep that we have ever used which makes the exam more accurate.*

Most patients report that the worst part of the procedure is not the colonoscopy, but the necessary preparation the day before. Preparing for a colonoscopy is never pleasant, but fortunately, new low volume “preps” have been developed to make this process as simple as possible. It is important that you follow all instructions carefully so that the test need not be rescheduled. If you have any questions, please call our office - (412) 262-1000 option #2.

To prepare for your exam, you will need a prescription to purchase:

- One CLENPIQ Bowel Prep Kit. Store at room temperature

All bowel preps may cause some anal irritation. We also recommend that you purchase:

- A soft brand of toilet tissue.
- A box of baby wipes such as Huggies or Pampers Aloe wipes
- One small tube of diaper rash ointment or Zinc Oxide cream

This new CLENPIQ has been shown to be safe and effective. It is split into two halves:

1. The first half is taken the night before your exam.
2. The second half must be taken on the morning of your exam **STARTING 5 HOURS BEFORE YOUR APPOINTMENT** and completed within 1 hour, **AND YOU MUST HAVE NOTHING BY MOUTH THOSE LAST FOUR HOURS BEFORE YOUR EXAM ARRIVAL TIME – NO FOOD, LIQUIDS INCLUDING WATER, TOBACCO, CANDY, OR EVEN CHEWING GUM.**

## **THREE (3) DAYS BEFORE YOUR COLONOSCOPY**

Make arrangements for a companion to accompany you to your appointment and drive you home. If possible, it is best that this person is someone with whom we can share the results of the examination. *We require that your driver remains in the building the entire time that you are here, which averages around two hours* - otherwise your appointment may have to be rescheduled.

It is best to eat lightly for a few days before your exam. It makes the cleanout easier and more effective. *What goes in – has to come out.* Try to avoid overeating to compensate for the upcoming fast. Please avoid Metamucil, vitamins containing iron, raw vegetables, corn, sesame seeds and foods with skin or small seeds such as tomatoes, kiwi, quinoa, and cucumbers for a few days before your exam. Discontinue any fiber supplements (Metamucil, Citrucel, Fibercon, etc).

