

South Island Gastroenterology Associates, PC
Steven L. Kadish, MD Jonathan Zinberg, MD

141 Washington Avenue, Suite 204 Lawrence, N.Y. 11559
Phone# 516/341-0990 Fax# 516/341-0987

Preparation for Colonoscopy with CLENPIQ

5 Days before your procedure- Start a low residue diet. No fruit. No vegetables. No high fiber products. You may eat all proteins- fish, chicken, eggs, meat and dairy. You may eat all white flour products- breads, cake, pasta, ice cream without nuts or raisins.

You are scheduled to have a colonoscopy on _____ at _____

It is essential that your large intestine is free of stool. It is very important that you follow the instructions below carefully.

Fill your prescription at the pharmacy: CLENPIQ Bowel Prep Kit

2 nights before your procedure, eat an early dinner- wait 3 hours and drink one(1) 10oz bottle over the counter citrate of magnesium- at bedtime take 2 Dulcolax pills.

1 day before your colonoscopy: You must remain on a CLEAR liquid diet the entire day before your procedure. Clear liquids include: water, strained (without pulp) fruit juices including apple, white grape or white cranberry, Limeade or lemonade, coffee or tea (do not use any dairy or non-dairy creamer, you may use sugar or lemon), chicken broth, soda, Gatorade(yellow only), popsicles (no red or purple), jell-o (no red or purple). Please do not have any dairy products or anything red or purple in color.

Beginning at 5PM on the day before your colonoscopy: Follow instructions provided in the CLENPIQ box. Drink ALL of the liquid in the container. You MUST drink FIVE more 8-ounce containers of water or clear liquid over the next 5 hours.

Beginning 5 hours before your colonoscopy: Drink the remaining bottle of the CLENPIQ prep. Drink ALL the liquid in the container. You MUST drink three more 8-ounce containers of the water or clear liquid over the next 1 hour.

Day of Colonoscopy: Remember: Nothing to drink before exam except the prep!