

Helpful Hints for Your Colonoscopy

Low Fiber Diet: 2 days before exam stay on a low fiber diet- cut back on how much you eat.

Soups: Broth, Cream soups, tomato, chicken and rice, noodles.

Meats: Any soft or easy to chew meat or fish.

Vegetables: Potatoes with skin, tomatoes and tomato juice, beets, carrots, mushrooms, pumpkin, yellow squash, turnip greens, spinach (cooked), asparagus tips.

Fruits: All juices, cooked or canned applesauce, apricots, pears, cherries, peaches, bananas, citrus fruits without membrane.

Cereal: Refined, cooked, or ready to eat oatmeal.

Starches: Biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

Cheese/Eggs: Cottage cheese, cream cheese, mild cheeses such as American or Swiss. Yogurt without fruit. All eggs except fried.

Desserts: Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from allowed foods.

Beverages: Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

Fat: Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressings, sour cream.

Liquid Diet: Day before exam stay on clear liquids only- **No Solid Foods.**

Soups: Clear consommé, Bouillon or broth, Ensure Clear.

Beverages: Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple), beer, white wine, Gatorade (no red or purple).

Juices: White cranberry, apple, strained lemonade, white grape.

Desserts: Gelatins, popsicles (no red or purple), Gummy Bears, Life Savers, orange sherbet.

No milk products (but you can use milk or cream in your coffee).

*****Follow your instructions about taking the laxative preparation:**

CLENPIQ™

(sodium picosulfate, magnesium oxide, and anhydrous citric acid) Oral Solution

10 mg/3.5 g/12 g per 160 mL bottle

TAKING CLENPIQ

STEPS TO COMPLETE THE PREP

Day-Before-Dose Regimen

Afternoon/Early Evening before
your colonoscopy

Evening before
your colonoscopy

**ON THE DAY
BEFORE THE
COLONOSCOPY,
stop eating all solid
food and dairy, and
start hydrating by
drinking
clear liquids.**

First Dose

Drink one bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink 5 cups (8 oz each) of clear liquid.
Check off the cups below as you go!

Start: 3pm
Finish: _____

Second Dose

Drink the other bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink at least 3 cups (8 oz each) of clear liquid.
Check off the cups below as you go!

OR MORE
Start: 8pm
Finish: _____

*****Morning of exam****

- You cannot drive or work the day of exam.
- You must have a driver.
- Stop aspirin, Plavix or any other blood thinner 5 days prior to the exam.
- Let our office know when scheduling if you are on diabetic medications.

***KEEP HYDRATING WITH CLEAR LIQUIDS UNTIL MIDNIGHT BEFORE
PROCEDURE* NOTHING TO DRINK MORNING OF PROCEDURE***