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**Colonoscopy Prep with Clenpiq Split dosing**

In advance, purchase the Clenpiq prep kit at your local pharmacy. One day before your procedure you will need to be on a clear liquid diet. Please drink as much liquid as possible. The more clear liquid you drink will help decrease cramping during the prep process.

THE DAY BEFORE YOUR PROCEDURE

* Clear liquids are food that you can see through
* Avoid all substances red, purple in color (it can look like blood)
* Limit caffeine and alcoholic beverages (1 or 2)
* No dairy products
* Suggested foods: Apple juice, herbal tea, broth or bouillon (no crackers), soda, Kool-Aid, white grape juice, Jell-O Gatorade, plain hard candy, popsicles, seasonings, (sugar, honey, substitutes, salt, Mrs. Dash)

 **The Evening before your Procedure:**  at 7:00 PM. Please follow steps 1-2

**The Morning of your Procedure: 5 hours before your arrival time.** Please follow steps 3-4.

Dosing steps: 1. Drink ALL the liquid in the container. 2. Drink at least five more 8 ounce glasses of water, over two hours. 3. Drink ALL the liquid in the second container. 4. Drink at least three more 8 ounce glasses of water, within two hours.

You may have any necessary medications in the morning.

The facility will contact you to confirm time. Times are subject to change

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