



Colonoscopy Prep - CLENPIQ® Constipated

Sodium Picosulfate, Magnesium Oxide & Anhydrous Citric Acid Oral Solution

Prep line: 414-918-3556 | Medication questions: 414-454-0600, Option 3

Important: If you have chronic kidney disease, Crohn's disease or ulcerative colitis, do not use this prep. Call the Prep line.

Colonoscopy prep may feel like an inconvenience, but it's a powerful step toward early detection and prevention of colorectal cancer. One night of preparation can lead to a lifetime of health.

Your physician and sedation team along with our skilled nurses and techs are scheduled to provide you with exceptional GI care. If you need to reschedule your procedure, please call 414-454-0600, option 1, as soon as possible.

| What to Expect | |
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| Before the procedure | <ul style="list-style-type: none"> • Read this entire document at least 10 days before your procedure to give yourself plenty of time to prepare. Following each step carefully will help your procedure go smoothly. • Medication instructions: Follow the Medication Guidelines provided in this packet. Talk with your prescribing provider before stopping any blood thinners or diabetic medications. If their advice differs from our instructions, contact our office at 414-454-0600, option 3. Not following these instructions may result in your procedure being canceled. If your medication is not listed, continue to take it as prescribed. • Prep packaging: Disregard any instructions that come with your prep packaging, especially those that state you may eat a light breakfast the day before the procedure. This is not allowed. Only follow the directions in this packet. • Transportation home: You cannot drive yourself home after sedation. You must have a friend or family member (18+) present to drive you home after the procedure. Rides such as taxis, Seniors on the Go, Uber/Lyft, or buses are only acceptable if you are accompanied by an adult (18+) known to you. If this is not arranged, your procedure will be cancelled. Plan to be at our facility for approximately 2-3 hours from check-in to discharge. • Pre-procedure call: A nurse may call you prior to your procedure to review your health information in further detail. If you miss this call, please call the phone number left on your voicemail. |
| Prep supplies | <ul style="list-style-type: none"> • Required shopping list (everything is over the counter except the prep solution): <ul style="list-style-type: none"> ○ Prep solution – <i>Prep prescriptions are sent at the time of scheduling and are valid for 1 year. If your pharmacy says they do not have the prescription, kindly confirm they have checked their system. If it is not on file, please call 414-918-3556.</i> ○ 1 bottle of MiraLAX® - ok to use generic polyethylene glycol 3350 (204 grams needed). ○ 1 bottle of Gas-X® 125 mg pills - ok to use generic simethicone (1 pill needed). ○ Low fiber foods (see Low Fiber Diet). ○ Clear liquids (see Clear Liquid Diet). • Optional shopping list to help with skin irritation: <ul style="list-style-type: none"> ○ Flushable wipes. ○ Hemorrhoidal pads (Tucks). |
| Prep tips | <ul style="list-style-type: none"> • Stay hydrated – drinking plenty of clear liquids before, during and after your prep will help keep you comfortable and improve results. • Plan to stay near a restroom – the prep takes time and affects everyone differently; it may start working from 30 minutes-3 hours after the first dose. Once it starts working, you'll have frequent, loose stools – so stay home and close to a bathroom. Bowel movements may continue for 1-4 hours after you finish the last glass. • Way to improve prep taste/tolerance: <ul style="list-style-type: none"> ○ Chill the prep solution in the refrigerator. ○ Sip it through a straw. ○ Alternate drinks of prep with small sips of a clear liquid (see Clear Liquid Diet). ○ Suck on a piece of hard candy during your prep (<i>no red or purple</i>). ○ Add a small amount of flavoring (Crystal Light, Mio – <i>no red or purple</i>) to each glass of prep. • Feeling nauseous? Take a 10-20 minute break, then pick up where you left off. Warm, clear liquids (like broth or tea) can help settle your stomach. |

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| | <ul style="list-style-type: none"> • Feeling bloated or chilled? That's normal. Light walking around your home may help relieve it. • Protect your skin – Prevent irritation with flushable wipes or hemorrhoidal pads. |
| Procedure day | <ul style="list-style-type: none"> • Plan to be at our facility for approximately 2-3 hours from check-in to discharge. • Bring your: <ul style="list-style-type: none"> ○ Photo ID. ○ Current insurance card. ○ All inhalers (daily and as needed). ○ Cell phone for communication or entertainment. |
| After the procedure | <ul style="list-style-type: none"> • Restrictions for the rest of your procedure day and until the next morning: <ul style="list-style-type: none"> ○ Do not drive a vehicle or operate complex machinery. ○ Do not perform any strenuous activity. ○ Do not drink alcohol. ○ Do not smoke unsupervised. ○ Do not make any legal decisions. • Sedation effects like sleepiness, dizziness, forgetfulness, or slowed reflexes are normal and may last the rest of the day. • You can return to your usual medications and regular diet unless your doctor tells you otherwise. • It's normal if you don't have a solid bowel movement for a few days after the procedure since your system was fully emptied and needs time to return to normal. |
| Frequently asked questions | <ul style="list-style-type: none"> • If my bowel movements are already clear after the first half of the prep, do I still need to take the second half in the middle of the night (yes!), and can I change the prep times (no!)? Even if your stool looks clear after the first dose, you must take the second dose. National studies show the best results come from completing both doses, with the second taken 6 hours before arrival. This ensures your colon is as clean as possible so the doctor can see the entire area. • I usually eat a high fiber diet. Why do I need to switch to low fiber before my colonoscopy? High-fiber foods leave debris that's harder to clear. Low-fiber foods help fully empty your colon, allowing the doctor to see clearly during the procedure. • How long will the procedure take? The total time you spend at our facility can vary depending on the procedure you're having and what we find. This includes time to check in, complete pre op, the procedure itself, and recovery. Your comfort and safety are always our top priorities. • I am experiencing cold or flu-like symptoms. Can I still have my procedure? Contact our office for further direction 414-454-0600, option 3. Your procedure may need to be rescheduled. • Is there a place to store my belongings? For your convenience and safety, your personal items will remain in your designated patient area or securely placed under your bed throughout your visit. Valuables should be left at home. |



Prep Timeline

(Space provided to fill in your specific dates/times)

Prep questions: 414-918-3556 | Medication questions: 414-454-0600, Option 3

Procedure date: _____ Procedure time: _____ Arrival time: _____

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| 10 days before Date: | <ul style="list-style-type: none"> Review and start following all Medication Guidelines. |
| 7 days through 4 days before Dates: | <ul style="list-style-type: none"> Take 1 capful (17g) of MiraLAX® in 8 ounces of liquid in the morning <i>and</i> evening. <ul style="list-style-type: none"> If MiraLAX® causes diarrhea at any time, skip the next dose and then resume. |
| 3 days before Date: | <ul style="list-style-type: none"> Start following the Low Fiber Diet. Take 1 capful (17g) of MiraLAX® in 8 ounces of liquid in the morning <i>and</i> evening. |
| 2 days before Date: | <ul style="list-style-type: none"> Continue the Low Fiber Diet. Take 1 capful (17g) of MiraLAX® in 8 ounces of liquid in the morning <i>and</i> evening. Do not eat solid foods after midnight. |
| 1 day before procedure day Date: | <ul style="list-style-type: none"> Start following the Clear Liquid Diet only – no solid foods, no light breakfast. Do not use alcohol, chewing tobacco, THC, marijuana, or illegal drugs/substances. Drink plenty of clear liquids to stay hydrated. Refer to Prep Tips in this packet. <p>At 5:00 PM: Take the first half of the prep.</p> <ul style="list-style-type: none"> Drink 1 bottle of Clenpiq®. Drink at least 40 ounces of clear liquids over the next 3 hours. <i>Feeling nauseous, chilled, or bloated? Refer to Prep Tips in this packet.</i> |
| Procedure day Date: | <ul style="list-style-type: none"> Continue the Clear Liquid Diet but stop 4 hours prior to your arrival time. <p>6 hours before arrival time _____ AM/PM: Take the second half of prep.</p> <ul style="list-style-type: none"> Drink 1 bottle of Clenpiq®. Drink at least 32 ounces of clear liquids over the next hour. Immediately after drinking the prep, take one 125mg Gas-X® pill. This helps decrease gas, bloating and bubbles in the colon. <i>If you are nauseous, wait 15 minutes, then take the pill.</i> <i>Feeling nauseous, chilled, or bloated? Refer to Prep Tips in this packet.</i> <p>4 hours before arrival time _____ AM/PM</p> <ul style="list-style-type: none"> Do not eat or drink anything, including clear liquids, gum, mints and/or candy. Do not use alcohol, chewing tobacco, vape, THC, marijuana and/or illegal drugs/substances. Brush your teeth, but do not swallow toothpaste or water. |
| How to know you're ready | <ul style="list-style-type: none"> Your stool should be a clear yellow liquid (like urine or tea). If your bowel movements are still brown, your colon is not clean. This will affect your procedure. <i>If unsure, call: 414-918-3556.</i> You have arranged a ride home as explained in the 'Transportation Home' section. |



Medication Guidelines

Medication questions: 414-454-0600, Option 3

Before you start, please read!

- Talk with your prescribing provider **before stopping** any medication. If their advice differs from our instructions, contact our office.
- You **must** follow the instructions below or your procedure will be canceled.
- **If you do not see your medication listed, continue to take it as prescribed.** This includes potassium.
- If you're on a combination medication, hold for the greater number of days listed for either medication.
- Medications with red dye are okay to take and will not interfere with your procedure.

| Days before procedure | 10 days before | 7 days before | 5 days before | 4 days before | 3 days before | 2 days before | 1 day before | Day of procedure | |
|--|---|--|---------------|--------------------|--------------------|--------------------|--------------------|--------------------|--|
| | Date: | Date: | Date: | Date: | Date: | Date: | Date: | Date: | |
| Write in your specific dates→ | | | | | | | | | |
| Blood thinners, heart and/or kidney medications | | | | | | | | | |
| • Ticlid (ticlodipine) | DO NOT TAKE | | | | | | | | |
| • Coumadin® (warfarin) • Effient® (prasugrel) • Plavix® (clopidogrel) | Take normal dose | DO NOT TAKE | | | | | | | |
| • Steglatro® (ertugliflozin) | Take normal dose | | | DO NOT TAKE | | | | | |
| • Brilinta® (ticagrelor) • Farxiga® (dapagliflozin) • Invokana® (canagliflozin) • Jardiance® (empagliflozin) | Take normal dose | | | | DO NOT TAKE | | | | |
| • Aggrenox® (aspirin dipyridamole ER) • Arixtra® (fondaparinux) • Eliquis® (apixaban) • Persantine® (dipyridamole) • Pletal® (cilostazol) • Savaysa® (edoxaban) • Xarelto® (rivaroxaban) | Take normal dose | | | | | DO NOT TAKE | | | |
| • Fragmin® (dalteparin) • Lovenox® (enoxaparin) • Pradaxa® (dabigatran) | Take normal dose | | | | | | DO NOT TAKE | | |
| Blood pressure medications: ACE Inhibitors + Angiotensin Receptor Blockers | | | | | | | | | |
| • Accupril® (quinapril) • Aceon® (perindopril) • Altace® (ramipril) • Atancand® (candesartan) • Avapro® (irbesartan) • Benicar® (olmesartan) • Capoten® (captopril) | • Cozaar® (losartan) • Diovan® (valsartan) • Edarbi® (azilsartan) • Mavik® (trandolapril) • Micardis® (telmisartan) • Monopril® (fosinopril) | • Lotensin® (benazepril) • Univasc® (moexipril) • Prinivil® (lisinopril) • Teveten® (eprosartan) • Vasotec® (enalapril) • Zestril® (lisinopril) | | | | | Take normal dose | DO NOT TAKE | |
| Diuretics / Water pills | | | | | | | | | |
| • Bumex® (bumetanide) • Demadex® (torsemide) • Diuril® (chlorothiazide) | • Edecrin® (ethacrynic acid) • Lasix® (furosemide) • Microzide® (hydrochlorothiazide) | • Naltrilix® (indapamide) • Thalitone® (chlorthalidone) • Zaroxolyn® (metolazone) | | | | | Take normal dose | DO NOT TAKE | |

| Days before procedure | 7 days before | 5 days before | 4 days before | 3 days before | 2 days before | 1 day before | Day of procedure |
|--------------------------------|---------------|---------------|---------------|---------------|---------------|--------------|------------------|
| | Date: | Date: | Date: | Date: | Date: | Date: | Date: |
| Write in your specific dates → | | | | | | | |

Vitamins + Supplements

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| Examples, not all inclusive: <ul style="list-style-type: none"> • All multivitamins • Calcium • Co-Q 10 • Glucosamine • Fiber • Fish oil • Herbal supplements (turmeric, ginseng, St. John’s wort) • Iron • Probiotic • Vitamins A, B, C, D, E • Zinc | Take normal dose | DO NOT TAKE |
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Miscellaneous

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| <ul style="list-style-type: none"> • Blood pressure medications not listed in this document. • Pain medications [<i>examples, not all inclusive:</i> Aspirin (baby aspirin, regular or extra strength), Tylenol (acetaminophen), NSAIDs (Aleve® (naproxen), Motrin® (ibuprofen), Advil® (ibuprofen), Mobic® (meloxicam))] • Chronic pain/Muscle relaxant medications • Other medications (<i>examples, not all inclusive:</i> allergy, antidepressant, anxiety, cholesterol, hormone therapy, migraine, seizure, thyroid, etc) | Take normal dose | Take up to 4 hours prior to arrival. Time: |
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Weight loss + Diabetic medications (prescribed or over-the-counter): GLP-1 Agonists (injectables, oral, patches)

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| Examples, not all inclusive: <ul style="list-style-type: none"> • Adlyxin® (lixisenatide) • Bydurean® (exanatide ER) • Byetta® (exenatide) • GLP-1 patches (Berberine, herbal, etc) • Mounjaro® (tirzepatide) • Ozempic® (semaglutide) • Rybelsus® (semaglutide) • Saxenda® (liraglutide) • Soliqua® (lixisenatide/insulin glargine) • Symlin® (pramlintide) • Tanzeum® (albiglutide) • Trulicity® (dulaglutide) • Victoza® (liraglutide) • Wegovy® (semaglutide) • Xultophy® (liraglutide/insulin degludec) • Zepbound® (tirzepatide) | If you take it weekly: | DO NOT TAKE/USE Hold for 7 days; DO NOT take/use day of procedure <i>Example: If your procedure is on a Monday, your last dose should be the Sunday before. That gives you a full 7 days without it before your procedure.</i> | |
| | If you take it daily: | Take normal dose | DO NOT TAKE/USE |

Other Weight Loss Medication

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|---------------------------------|--------------------|
| • Phentermine (phendimetrazine) | DO NOT TAKE |
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| Days before procedure | 7 days before | 5 days before | 4 days before | 3 days before | 2 days before | 1 day before | Day of procedure |
|-------------------------------|---------------|---------------|---------------|---------------|---------------|--------------|------------------|
| | Date: | Date: | Date: | Date: | Date: | Date: | Date: |
| Fill in your specific dates → | | | | | | | |

| Other Diabetic medication | | | | | | | |
|---|--|--|-------------|--|------------------|--------------------------|-------------|
| • Steglatro® (ertugliflozin) | | Take normal dose | DO NOT TAKE | | | | |
| • Farxiga® (dapagliflozin) • Invokana® (canagliflozin) • Jardiance® (empagliflozin) | | Take normal dose | DO NOT TAKE | | | | |
| • Actos® (pioglitazone) • Avandia® (rosiglitazone) • Amaryl® (glimepiride) • Avandaryl® (glimepiride/rosiglitazone) • DiaBeta® (glyburide) • Duetact® (pioglitazone/glimepiride) • Glucotrol® (glipizide) | | • Glyset® (miglitol) • Januvia® (sitagliptin) • Onglyza® (saxagliptin) • Prandin® (repaglinide) • Precose® (acarbose) • Starlix® (nateglinide) • Tradjenta® (linagliptin) | | | Take normal dose | | DO NOT TAKE |
| Metformin/Metformin Combination • Invokamet® (canagliflozin/metformin) • Janumet® (sitagliptin/metformin) | | • Synjardy® (empagliflozin/metformin) • Xigduo XR® (dapagliflozin/metformin) | | | DO NOT TAKE | | |
| Metformin/Metformin Combination • Actoplus Met® (pioglitazone/metformin) • Avandamet® (metformin) • Glucophage® (metformin) • Glucovance® (glyburide/metformin) • Jentaduet® (linagliptin/metformin) | | • Kazano® (alogliptin/metformin) • Kombiglyze® (saxagliptin/metformin) • Metaglip® (glipizide/metformin) • PrandiMet® (metformin) • Repaglin® (repaglinide/metformin) • Riomet® (metformin) | | | Take normal dose | DO NOT TAKE EVENING DOSE | DO NOT TAKE |

| Insulin - Diabetic patients taking insulin should check blood sugar 4 times daily. | 1 day before | | Day of procedure |
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| | Date: | Date: | Date: |
| | AM/PM dose | Bedtime dose | |
| • Lantus® (insulin glargine) • Levemir® (insulin detemir) | • Novolin® (isophane) • Tresiba® (insulin degludec) | Take normal dose | Take half of normal dose if taken in AM |
| • Soliqua® (lixisenatide/insulin glargine) | • Xultophy® (liraglutide/insulin degludec) | | DO NOT TAKE |
| • Apidra® (insulin glulisine) • Humalog®, Humalog S® (insulin lispro) • Humulin® (regular insulin) • Novolin® Mix 70/30 | • Novolog® (insulin aspart) • Novolog® Mix 70/30 • Pre-mixed insulin: 75/25 • Regular insulin | Take half of normal dose | Take half of normal dose |
| • Insulin pens - same as above. | | | |
| • Insulin pumps - continue using your insulin pump without change. Follow your normal carb-counting or correction protocol for any additional insulin dosing. | | | |

Procedure date: _____ Start 3 days before your procedure day: _____

| Food category | ✔ Allowed | ✘ NOT allowed |
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| Beans + Legumes | None allowed | None allowed |
| Beverages | • Water • Juice without pulp • Coffee • Tea • Almond/oat milk • Hot chocolate • Soda | • Alcohol • Juice with pulp • Smoothies |
| Breads + Grains | • White: bread, tortillas, bagels, rice, gluten-free bread, or rice crackers • Plain or gluten-free pasta • Low-fiber cereal (Rice Krispies, cornflakes, Cream of Wheat) | • Whole grains, wheat • Wild/brown rice • Oats • Granola • Anything with seeds/bran |
| Dairy | • Milk • Cheese (any type) • Yogurt (no granola, nuts, seeds) • Butter • Sour cream | |
| Fats + Condiments | • Oil • Butter • Mayonnaise • Ketchup • Mustard • Honey • Jelly (no seeds) • Creamy peanut or nut butter (no nuts) | • Relishes • Pickles • Seeds • Nuts • Coconut |
| Fruits | • Applesauce • Bananas • Canned peaches or pears (no skin or seeds) • Melon (cantaloupe or honeydew) • Juice without pulp | • Seeds (berries, watermelon, kiwi) • Skin • Membranes (oranges, clementines) • Dried fruit |
| Meats + Eggs | • Eggs • Chicken • Ham • Turkey • Pork • Fish (no skin) • Red meat (no gristle) • Tofu • Deli meat | • Hot dogs • Sausage • Tough, grisly meat |
| Nuts + Seeds | • None allowed | • None allowed |
| Snacks + Desserts | • Cookies (no nuts or fruit) • Cake (no nuts or fruit) • Chocolate • Jell-O • Pudding • Sherbert • Ice cream | • Popcorn |
| Vegetables | • Vegetables (well-cooked or canned only) • Potatoes (no skin) | • Raw vegetables • Spinach • Lettuce • Corn • Cabbage • Pickles |

Low Fiber Meal Plan Examples

| | Meal plan 1 | Meal plan 2 | Meal plan 3 | Meal plan 4 gluten-free |
|------------------|--|--|---|--|
| Breakfast | Scrambled eggs, white toast with butter, apple juice | Cream of Wheat, white toast with butter and jelly (no seeds) | Hard-boiled egg, white english muffin with cream cheese | Cream of Rice cereal, banana, almond milk |
| Lunch | White rice, grilled chicken, well-cooked carrots | Tuna salad (no celery or raw veggies) on white bread, plain chips, Jell-O | Plain pasta with olive oil or butter, baked chicken, canned green beans, applesauce | Gluten-free white bread sandwich (turkey + cheese), gluten-free crackers |
| Dinner | Baked fish, baked potato (no skin), cantaloupe | Plain pasta with ground beef and marinara sauce, garlic bread (no seeds), canned peaches (no skin) | Turkey slices, mashed potatoes (no skin), well-cooked carrots | Grilled pork chop, gluten-free pasta, canned pears (no skin) |
| Snack | Pudding or Jell-O | Vanilla pudding or plain graham crackers | Ice cream (no nuts) | Yogurt (no granola) |



Clear Liquid Diet

Prep line: 414-918-3556 | Medication questions: 414-454-0600, Option 3

Procedure date: _____ Start 1 day before your procedure day: _____

| Clear liquid category | ✓ Allowed | ✗ NOT allowed |
|-------------------------|---|---|
| Hydrating drinks | <ul style="list-style-type: none"> • Water (plain, flavored, carbonated) — <i>no red or purple</i> • Gatorade®, Powerade®, VitaminWater® — <i>no red or purple</i> • Clear fruit juices (no pulp): Apple, white grape, white cranberry — <i>no red or purple</i> | <ul style="list-style-type: none"> • Red or purple liquids • Juice with pulp • Orange juice • Tomato juice • Smoothies |
| Warm liquids | <ul style="list-style-type: none"> • Clear broth/bouillon (chicken, beef, vegetable) • Herbal tea | <ul style="list-style-type: none"> • Creamy soup • Soup with solid food in it (noodles, veggies) • Hot chocolate |
| Snacks + Treats | <ul style="list-style-type: none"> • Jell-O® — <i>no red or purple</i> • Popsicles/ice pops — <i>no red or purple</i> • Gummy bears — <i>no red or purple</i> | <ul style="list-style-type: none"> • Sherbet • Ice cream |
| Caffeine | <ul style="list-style-type: none"> • Black coffee/plain tea • Energy drinks — <i>no red or purple</i> • Soda (regular or diet) • Sugar/artificial sweeteners | <ul style="list-style-type: none"> • Milk/cream (including dairy-free options) • No liquid/powdered creamers |

Tips for Patients with Diabetes

- It's important to manage your blood sugar while preparing for your procedure.
- Talk with your prescribing provider regarding diabetic medications or glucose levels during prep.
- Stay hydrated & balanced:
 - Alternate between drinks with and without carbs to help manage energy and blood sugar.
 - Do not skip all carbohydrates unless directed by your provider.
 - Aim for 45 grams of carbohydrates per meal / 15-30 grams of carbohydrates per snack.

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| Clear liquids with about 15 grams of carbohydrates • Choose these to maintain blood sugar | <ul style="list-style-type: none"> • 4 oz apple juice • 8 oz Gatorade® or sports drink — <i>no red or purple</i> • ½ cup (4 oz) Jell-O® — <i>no red or purple</i> • Popsicles/ice pops — <i>no red or purple</i> |
| Clear liquids with zero grams of carbohydrates • Can drink freely | <ul style="list-style-type: none"> • Black coffee • Plain tea or diet tea • Diet soda • Seltzer water — <i>no red or purple</i> • Flavored water — <i>no red or purple</i> • Clear, fat-free broth or bouillon (chicken, beef, vegetable) |