

**Advanced Gastroenterology**  
10110 Molecular Drive, Suite 111  
Rockville, MD 20850  
Tel: 301-838-4224 Fax: 301-838-4244

**Ghanshyam Gupta, M.D.**  
**Margaux Gonzalez, PA-C**

## Colonoscopy: Clenpiq Preparation

Your procedure is scheduled for: \_\_\_\_\_ arrive at \_\_\_\_\_  
Date Time



Advanced Surgery Center, LLC  
10110 Molecular Drive,  
Suite 100  
Rockville, MD 20850  
(301) 838-0437



Shady Grove Adventist Hospital  
Out-Patient Surgery Center  
9901 Medical Center Drive,  
Rockville, MD 20850  
(240) 826-6000

### Important notes:

- \*Plan to be at the center for at least three (3) hours.
- \*You must make arrangements for someone (over 18) to drive you home after the procedure.
- \*Please pick up your **Clenpiq** prescription from your local pharmacy at least three (3) days prior to your procedure.
- \***OVER THE COUNTER MEDICATIONS: You will need to pick up one (1) bottle of Magnesium Citrate and one (1) box of Dulcolax 5mg (Bisacodyl) tablets. (You will only need eight 8 tablets).**

### Medications:

If you are taking:

- Blood Pressure medications: Okay to continue. Must be taken **3 hours before your procedure with a sip of water.**
- If you use an inhaler, please bring it to your appointment.

**Starting on:** \_\_\_\_\_ **As soon as you wake up you will begin your preparation and start your clear liquid diet.**

**CLEAR LIQUIDS:**

• Water	• Tea	• Coffee (No creamer/milk)
• Soda	• Gatorade	• Clear Ensure
• Jell-O	• Broth (Chicken, beef, vegetable <b>flavor</b> )	

**NO:** Gum, Candy, Solids, Milk, Pulpy Juices, V-8, Red or Purple liquids.

**Please flip the page to see the instructions on the other side.**



## How to take Clenpiq: (The day before your procedure)

1. At 6:00 am: Take four (4) tablets of Dulcolax (Bisacodyl)
2. At 12:00 pm (Noon): Take another four (4) tablets of Dulcolax (Bisacodyl)
- 3a. At 6:00 pm: Drink Clenpiq right from the bottle. Finish the entire contents of one (1) bottle within 30 minutes.
- 3b. Drink 40 ounces, or five (5) cups of water over the next three (3) hours.
4. At 8:00 pm: Repeat steps three (3 a & b) with the other Clenpiq bottle.
5. Six (6) hours before your procedure (\_\_\_\_\_), take one (1) bottle of Magnesium citrate. This should be the last thing you drink. You may NOT continue drinking liquids until after your procedure.

---

### *If your prep is not satisfactory due to failure to follow the instructions*

*The doctor will have difficulty seeing the insides of your colon. You will have to redo the prep and come in for a repeat colonoscopy. You may also be subject to a \$100 fee.*

*If you have any trouble, don't understand, or have any questions about the prep or what you are allowed to eat, please call the office at 301-838-4224.*

---



- ❖ To prevent soreness from wiping, try soft toilet tissue or pre-moistened bathroom wipes.
- ❖ Drink plenty of water to keep yourself hydrated.
- ❖ If you experience anal irritation, try using Tucks or any brand of baby wipe followed by a generous application of Vaseline petroleum jelly to the external anus after each watery bowel movement.
- ❖ Feelings of bloating and nausea are common. This is temporary and will subside. You may also call our office at (301) 838-4224.