



# Atrium Health

## Begin Clear Liquids

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### **No Solid Food the Entire Day Before Your Procedure**

Recent data and research has shown that patients who take simethicone (Gas-X) with their colon preparation have better colonoscopy outcomes and more complete colon preparations. The simethicone will help to reduce bubbles in the GI tract which improves visualization. We would ask that you obtain simethicone tablets from your pharmacy and take two (2) tablets with each portion of the split prep. These are inexpensive and over the counter and do not require a prescription. By law, we cannot include these in your prep kit.

### **Your Clenpiq prep**

Your test is on: \_\_\_\_\_

You will begin the Clenpiq Prep on: \_\_\_\_\_

You will be using the Clenpiq Prep to prepare for your test. This sheet will give you step-by-step instructions on how to use the Clenpiq Prep. You will also need to purchase a bottle of Magnesium Citrate, this can be bought over the counter at your local pharmacy.

#### **On the day before your test you will begin the Clenpiq Prep.**

- **Drink the bottle of Magnesium Citrate at 8:00 a.m.**
- Drink at least 4 large glasses of water during the day.
- At **6:00 p.m.** you will begin the Prep.
- Drink one bottle of the Clenpiq.
- In the next 5 hours and before bedtime, you need to drink **five (5)** 8-ounce glasses of clear liquids.

#### **On the day of your test you will continue with the Clenpiq Prep.**

- At \_\_\_\_\_ **a.m.** you will take the 2<sup>nd</sup> dose of the Prep. This may mean you have to get up early, depending on the time of your test.
- Drink the other bottle of Clenpiq.
- You need to drink **three (3)** 8-ounce glasses of clear liquids at least 3 hours before your test.

If you become nauseated or vomit take a 15 to 30-minute break from drinking the Clenpiq or water. Then try to drink again until all is gone.

#### **Remember . . .**

- **Do not drink anything 3 hours before your test.**
- After you have finished your prep, your bowel movements should be a clear yellow or a clear green watery liquid. There should be no solid or large parts in it. If it is not clear and watery, you need to call our office to let us know.