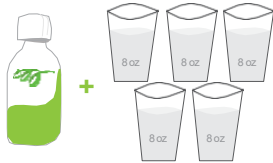
  
**CLENPIQ™**  
 (sodium picosulfate, magnesium oxide,  
 and anhydrous citric acid) Oral Solution  
 10 mg/3.5 g/12 g per 160 mL bottle

## TAKING CLENPIQ STEPS TO COMPLETE THE PREP The Split-Dose Regimen

### Evening Before

Between 5-9 pm



Drink 40 oz (5 cups) of clear liquids.\*  
 Finish liquids over the next 5 hours.

### Morning of

5 hours before procedure



Drink at least 24 oz (3 cups) of clear liquids.  
 Finish liquids 2 hours before your colonoscopy  
 or as advised by your doctor.



Hydration is important and it's part of the prep. Make sure to hydrate before you take the prep, while you're taking the prep, and after the prep.

**Prep Assistant** Use the prep assistant as a guide for completing your prep.

The time of your colonoscopy is \_\_\_\_\_ : \_\_\_\_\_

Complete your prep and all hydration by \_\_\_\_\_ : \_\_\_\_\_

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



### Evening before your colonoscopy

☐ 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: \_\_\_\_\_ :

Finish: \_\_\_\_\_ :

### Morning of your colonoscopy

☐ 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: \_\_\_\_\_ :

Finish: \_\_\_\_\_ :

\*After your first dose, if severe bloating, swelling, or stomach pain occurs, delay the second dose until the symptoms resolve.

Please see reverse page for additional information about CLENPIQ, the importance of a clear liquid diet, and hydration.

### INDICATION

CLENPIQ is a prescription medicine used by adults to clean the colon before a colonoscopy. CLENPIQ cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

## READY, SET, COMPLETE THE PREP

### What is CLENPIQ?

CLENPIQ is a prescription medicine that cleans your colon.  
CLENPIQ is ready for you to drink right from the bottle. It does not need to be mixed or diluted.  
Do not refrigerate or freeze CLENPIQ.

### What's in the CLENPIQ box?



Two bottles of CLENPIQ  
(5.4 oz each)



An 8 oz cup for drinking  
clear liquids



The Patient Medication Guide and the  
Instructions for Use for your reference

### Start Hydrating

On the day before your colonoscopy, start hydrating by  
consuming only clear liquids and stop eating all solid foods and dairy.

It's important to hydrate before you take the prep, while you're taking the prep,  
and after the prep. *Follow your doctor's instructions completely.*

#### ACCEPTABLE CLEAR LIQUIDS FOR HYDRATING

Water	Ginger ale and other sodas
Black coffee or tea	Clear juices: such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice bar



**LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE PULP, MILK, CREAM, SOY OR NON-DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SEE THROUGH.**

**Ready? Set? This video may help you prep.  
Hydrate along at [www.CLENPIQ.com](http://www.CLENPIQ.com)**

### IMPORTANT SAFETY INFORMATION (CONTINUED)

- Your healthcare provider may do blood tests after you take CLENPIQ to check your blood for changes. Tell your healthcare provider right away if you have any of these symptoms resulting from a loss of too much body fluid (dehydration): vomiting, nausea, bloating, dizziness, stomach-area (abdomen) cramping, urinating less often than normal, trouble drinking clear liquids, troubles swallowing, seizures, or heart problems.
- CLENPIQ can cause ulcers of the bowel or bowel problems (ischemic colitis). Tell your healthcare provider right away if you have severe stomach-area (abdomen) pain or rectal bleeding.
- The most common side effects of CLENPIQ include nausea, headache, and vomiting. These are not all the possible side effects of CLENPIQ. Ask your doctor or pharmacist for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see accompanying full Prescribing Information, including Medications Guide, also available at [www.CLENPIQ.com](http://www.CLENPIQ.com).

Welcome to our practice! We are delighted to have you here. To ensure that your procedure goes smoothly, **PLEASE READ THE FOLLOWING INFORMATION IN ITS ENTIRETY, WHEN YOU RECEIVE YOUR PACKET.**

**Procedure Locations-** Procedures **ARE NOT** performed in our office

☐ **Alabama Digestive Health & Endoscopy Center (ADHEC)**

Address: 2018 Brookwood Medical Center Dr., Birmingham, AL 35209

☐ **Grandview Endoscopy Center (Physician's Plaza I)**

Address: 3686 Grandview Parkway #610., Birmingham, AL, 35243

☐ **Grandview Medical Center**

3690 Grandview Parkway, 4<sup>th</sup> Floor "Outpatient Surgical Services", Birmingham, Al. 35243

☐ **Outpatient Services East (OSE)**

**\*FACILITY WILL CALL YOU THE DAY BEFORE WITH THE ARRIVAL TIME\***

Address: 52 Medical Park Dr E #401, Birmingham, AL 35235

☐ **Prattville Baptist Medical Center (Outpatient Registration)**

**\*FACILITY WILL CALL YOU THE DAY BEFORE WITH THE ARRIVAL TIME\***

Address: 124 S. Memorial Dr., Prattville, AL 36067

☐ **Shelby Ambulatory Surgery Center (Located in the Physician's Center)**

Address: 1010 1<sup>st</sup> Street North #140., Alabaster, AL 35007

☐ **St. Vincent's Blount**

**\*FACILITY WILL CALL YOU THE DAY BEFORE WITH THE ARRIVAL TIME\***

Address: 150 Gilbreath Dr., Oneonta, AL 35121

☐ **St. Vincent's St. Clair**

**\*FACILITY WILL CALL YOU THE DAY BEFORE WITH THE ARRIVAL TIME\***

Address: 7063 Veterans Parkway, Pell City, AL 35125

**Procedure Checklist:**

- ☐ Arrange for a driver to stay the duration of your procedure (approximately 2-4 hours)
- ☐ Bring your driver's license and insurance card.
- ☐ Bring a current list of your medications.
- ☐ Do not bring valuables and please remove all jewelry before arriving at the procedure center.
- ☐ Please do not wear lotion or perfume.
- ☐ Wear comfortable, loose-fitting clothing to your procedure.

## IMPORTANT INFORMATION

- Please contact our office if you take a **blood thinner** and have not been instructed when to hold this medication.
- On the morning of your procedure, you may take your **heart, seizure, blood pressure, and reflux medications** with a **sip of water**.
- **Do not** use any of the following products 6 hours prior to your arrival: **cigarette, dip, or vape**.
- If you currently take or start taking any **GLP-1** medications, orally or by injection, for weight loss or diabetes and have not been instructed when to stop taking them, please contact our office.

<b>DAILY MEDICATIONS</b>	<b>Adlyxin</b> (Lixisenatide)	<b>Byetta</b> (Exenatide)	<b>Rybelsus</b> (Semaglutide)	<b>Saxenda</b> (Liraglutide)	<b>Victoza</b> (Liraglutide)
<b>WEEKLY MEDICATIONS</b>	<b>Bydureon</b> (Exenatide)	<b>Mounjaro or Zepbound</b> (Tirzepatide)	<b>Ozempic</b> (Semaglutide)	<b>Trulicity</b> (Dulaglutide)	<b>Wegovy</b> (Semaglutide)

**\*\*\* For patients that take Jardiance daily, hold the medication 3 days prior to the procedure.**

- For patients that take GLP-1 medications **DAILY**, hold the medication the **DAY** of the procedure.
- For patients that take GLP-1 medications **WEEKLY**, hold the medication **1 WEEK** prior to the procedure.

**\*\*For all patients on a GLP-1, undergoing either an EGD, Colonoscopy, or Flexible Sigmoidoscopy, you must be on a clear liquid diet only the entire day before the procedure.\*\***

- **If you have diabetes:** Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Typically, we recommend that you do not take your oral hypoglycemic or insulin the morning of your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.

**If you have any questions, please call your provider's office.**

## **Timeline for Colonoscopy** **Shopping List:**

- **Please go ahead and purchase your Prep / have your prep prescription filled. Even if this appointment is several months ahead.**
- Plan a trip to the grocery store to stock up on the low-fiber, low-residue foods listed in this packet as well as the ALLOWED clear liquids (see below)
- Due to frequent trips to the bathroom, moist toilet paper wipes and Vaseline, Desitin or Calmoseptine may help soothe a sore bottom
- Drinking straws may help with the prep intake (they help bypass the taste buds on the front of the tongue)
- Anti-gas tablets (Gas-X, etc.) may help with the bloating

### **Clear Liquids Allowed:**

- Gatorade or PowerAde (no red or purple)
- Clear fruit juices (white grape juice or apple juice)
- Water
- Kool-Aid (no red or purple)
- Clear soup (broth or bouillon)
- Popsicles (no red or purple)
- Tea or coffee (no cream or milk)
- Jello-O (no red or purple)
- 7-Up, Sprite, Pepsi/Coke-Diet or Regular, Ginger Ale
- Boose Breeze or Ensure Clear (dairy-free)

### **5 Days Prior to Your Procedure**

- Stop taking any iron, fiber, herbal supplements, or multivitamins
- Stop taking aspirin that is not prescribed by a doctor for a specific medical reason.

### 3 Days Prior to Your Procedure

Start the Low Residue Diet below. Following this diet will help your doctor see as much of your colon as possible. Residue on the colon may make it difficult to detect possibly cancerous polyps and lesions.

#### Low Residue Diet with foods to AVOID

- Corn of ANY kind
- Raw or dried fruits and vegetables, especially anything containing seeds, skins, stalks, or pulp:
  - salads, broccoli, brussels sprouts, cauliflower, cabbage, onions, asparagus, raw carrots, tomatoes, okra, cucumbers, squash, etc.
  - berries, oranges, grapefruit, kiwi, apple skins, prunes, figs, dates, raisins

Fruit juice with pulp (including prune juice)

- Peas and beans (black-eyed peas, black, lima, pinto, butter, navy, northern beans, etc.)
- Seeds: sunflower seeds, sesame seeds (including the ones on hamburger buns)
- Nuts: peanuts, walnuts, pecans, almonds, pistachios, etc.
- Bread products containing whole grains and/or bran:
  - multi-grain bread, whole wheat bread or crackers
  - any breads or crackers containing nuts, seeds, or fruit
  - granola, high fiber cereals, oatmeal, cereal with seeds, nuts, dried fruit, or coconut
- Tough, fibrous meats

#### Low Residue Diet with RECOMMENDED Foods:

- Strained juices (no pulp), coffee, tea, carbonated beverages, milk
- Ripe bananas
- Tender **cooked** and canned vegetables without skins or seeds: carrots, asparagus tips (no stalks), green beans, spinach
- Well-cooked tender meats such as beef, lamb, ham, pork, fish, chicken
- Smooth (not chunky) peanut butter
- White breads (avoid multi-grain or anything with seeds) including rolls, biscuits, muffins, crackers, waffles
- White rice, pasta, potatoes (without skin)
- Low fiber cereals (Rice Krispies, Corn Flakes, etc.)
- Bouillon, broth, cream soups, soups made with approved vegetables
- Eggs, yogurt, cheese, cottage cheese
- Sorbet, popsicles, ice cream

## **Day Before Your Procedure:**

**IF YOU ARE ON GLP-1 MEDICATION FOR DIABETES OR WEIGHT LOSS, YOU ARE CLEAR LIQUIDS ONLY.**

## **Day Before Your Procedure:**

- Eat a Low Fiber Breakfast. **Finish eating by 9am.**
  - **Easy to Prepare Option (choose only one option below):**
    - 2 eggs (fried, over easy, scrambled, or boiled)
    - 2 white bread slices (not high fiber) **OR** 1 plain bagel with butter **OR** cream cheese
  - **Healthy Option (choose only one option below):**
    - 2/3 cup plain yogurt (no berries, seeds, or nuts)
    - 1 banana.
  - **Restaurant Option (choose only one option below):**
    - 1 egg McMuffin (do NOT eat the Canadian Bacon)
    - 1 plain bagel with butter **OR** cream cheese

**\*\*After breakfast, proceed to following your Prep Instructions on the first 2 pages\*\***