

## CLENPIQ

### Pre-Procedure Instruction for Colonoscopy

#### CLENPIQ, Split Prep

Only use this preparation if directed to by your specialist.

The preparation for your colonoscopy is among the most critical and challenging parts of your colonoscopy. The bowel **MUST** be adequately cleansed for proper visualization. Please follow the instructions closely.

Seven (7) days before your procedure:

1. If you take COUMADIN or PLAVIX, you must call your GI doctor's office at least seven days before your appointment so we can discuss whether these medications can be stopped safely before the procedure. We will need to know about whether you have atrial fibrillation or have received any cardiac stents or artificial heart valves.  
If you have diabetes and take medication to control your blood sugar, contact your primary care physician or diabetes specialist for instructions about how to take your diabetic medication while preparing for this procedure.
2. Stop taking iron or multivitamins if they contain iron.
3. Start a low roughage diet and do not eat corn, raw vegetables, nuts, popcorn, seeds, fresh fruit, salad, or fiber supplements (Metamucil). You may restart your regular diet again after the procedure.

Two (2) days before your procedure:

1. Stop arthritis medications such as Motrin, Ibuprofen, Advil and Naprosyn for two days before the procedure, as these medications may increase your risk of bleeding. Tylenol is okay to take. Purchase CLENPIQ Bowel Prep kit from your pharmacy. Your prescription most likely has already been electronically sent to your pharmacy of record. If we did not have this information, or were unable to electronically prescribe your prescription, it will be included with this packet of paperwork.
2. The kit contains; two bottles of the CLENPIQ ready-to-drink solution, a dosing cup, and a reference material booklet.
3. If you are usually constipated or sometimes use a laxative, take two tablespoons of Milk of Magnesia at 8:00 pm.

The Day before the Procedure:

You may have a 'light breakfast'. Suggestions include white toast, eggs, tea, coffee.

1. Begin a clear LIQUID diet at lunch and continue this diet until three hours before your procedure. A clear liquid diet includes water, tea, black coffee, clear broth, apple juice, white grape juice, Gatorade, soda, and Jell-O (not red or purple). No dairy, orange juice, or anything red or purple in color. Do not drink sugar-free drinks. All patients, including those with diabetes, should be sure to get enough sugar during this time.  
Between 5-9pm when home for the duration of the evening, follow the instructions below labeled Evening before your colonoscopy using the photos for reference.
2. It is very important that you keep hydrated during this time by drinking FIVE (5) 8-OUNCE CUPS OF WATER before going to bed. You may use the cup that comes in the kit, as it is an 8-ounce cup.
3. You will use the second bottle on the morning of the colonoscopy.

## CLENPIQ

### Pre-Procedure Instruction for Colonoscopy

#### CLENPIQ, Split Prep

Only use this preparation if directed to by your specialist.

The preparation for your colonoscopy is among the most critical and challenging parts of your colonoscopy. The bowel **MUST** be adequately cleansed for proper visualization. Please follow the instructions closely.

Seven (7) days before your procedure:

1. If you take COUMADIN or PLAVIX, you must call your GI doctor's office at least seven days before your appointment so we can discuss whether these medications can be stopped safely before the procedure. We will need to know about whether you have atrial fibrillation or have received any cardiac stents or artificial heart valves.  
If you have diabetes and take medication to control your blood sugar, contact your primary care physician or diabetes specialist for instructions about how to take your diabetic medication while preparing for this procedure.
2. Stop taking iron or multivitamins if they contain iron.
3. Start a low roughage diet and do not eat corn, raw vegetables, nuts, popcorn, seeds, fresh fruit, salad, or fiber supplements (Metamucil). You may restart your regular diet again after the procedure.

Two (2) days before your procedure:

1. Stop arthritis medications such as Motrin, Ibuprofen, Advil and Naprosyn for two days before the procedure, as these medications may increase your risk of bleeding. Tylenol is okay to take.  
Purchase CLENPIQ Bowel Prep kit from your pharmacy. Your prescription most likely has already been electronically sent to your pharmacy of record. If we did not have this information, or were unable to electronically prescribe your prescription, it will be included with this packet of paperwork.
2. The kit contains; two bottles of the CLENPIQ ready-to-drink solution, a dosing cup, and a reference material booklet.
3. If you are usually constipated or sometimes use a laxative, take two tablespoons of Milk of Magnesia at 8:00 pm.

The Day before the Procedure:

You may have a 'light breakfast'. Suggestions include white toast, eggs, tea, coffee.

1. Begin a clear LIQUID diet at lunch and continue this diet until three hours before your procedure. A clear liquid diet includes water, tea, black coffee, clear broth, apple juice, white grape juice, Gatorade, soda, and Jell-O (not red or purple). No dairy, orange juice, or anything red or purple in color. Do not drink sugar-free drinks. All patients, including those with diabetes, should be sure to get enough sugar during this time.  
Between 5-9pm when home for the duration of the evening, follow the instructions below labeled Evening before your colonoscopy using the photos for reference.
2. It is very important that you keep hydrated during this time by drinking **FIVE (5) 8-OUNCE CUPS OF WATER** before going to bed. You may use the cup that comes in the kit, as it is an 8-ounce cup.
3. You will use the second bottle on the morning of the colonoscopy.

## CLENPIQ

### Hints:

- If you feel nauseous, a glass of water or ginger ale may help settle your stomach. Wait a while and continue with the prep.
- Use moist baby wipes instead of toilet paper.

### On the morning of the Procedure:

4. **FIVE (5) HOURS** before the scheduled time of your colonoscopy, follow the instructions below labeled **Morning of your Colonoscopy**. You will have (2) two hours in which to complete drinking the second bottle as well as **THREE (3) 8-OUNCE CUPS OF WATER** at least three (3) hours **BEFORE** your scheduled procedure time.
5. You must **COMPLETE** the **ENTIRE PREP** as well as drinking the indicated cups of water.
6. You *should take your usual medications* (except diabetic medicine) with a few sips of water at least one (1) hour before, or one (1) hour after taking the second dose of the prep drink. It is particularly important that you take your usual blood pressure, heart and lung medications.
7. Stop all liquids three hours before your procedure, and do not eat or drink anything further until after your procedure.
8. If you have diabetes and routinely do a finger stick, do so prior to coming to the unit.
9. Wear loose-fitting comfortable clothes; leave all jewelry at home.

### After the Procedure:

You will be monitored in the Endoscopy recovery area for approximately 30 minutes.

1. Please carefully review your discharge paperwork for follow up instructions.
2. You may have some abdominal bloating and gas after the procedure. It should resolve within a few hours.
3. You may eat your usual diet after the procedure, unless advised otherwise.
4. If you have any rectal bleeding or pain following the procedure, contact us immediately.
5. You must have a responsible adult accompany you home.

Please be sure to verify the location of your procedure with your GI doctor's office.



# CLENPIQ™

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

## 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).

CLENPIQ™ is a trademark of Ferring B.V.  
© 2018 Ferring B.V. All rights reserved.  
CLEN/111/2018/USC

**FERRING**  
PHARMACEUTICALS



# 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 \_\_\_\_\_:\_\_\_\_\_

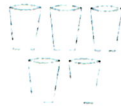
Complete your prep and all hydration 3 hours prior to procedure.

### 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!*

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



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.

### IMPORTANT SAFETY INFORMATION

- Do not take CLENPIQ if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestines (bowel perforation), a very dilated intestine (toxic megacolon), problems with the emptying of food and fluid from your stomach (gastric retention), or an allergy to any of the ingredients in CLENPIQ.
- CLENPIQ and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts (electrolytes) in your blood. These changes can cause abnormal heartbeats that may result in death, seizures (this can happen even if you have never had a seizure), or kidney problems. Your chance of having fluid loss and changes in blood salts with CLENPIQ is higher if you have heart problems, have kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDs).

See additional Important Safety Information on the back.