

Colonoscopy Prep Instructions for Tri-County Gastroenterology

Locations: ○ Tri-County Center for Endoscopy and Surgery

○ McLaren Macomb Hospital

A prep prescription has been ○ sent to your pharmacy, or ○ mailed directly to you. Please see below for instructions.

○ <u>SUFLAVE® Bowel Prep</u>	○ <u>CLENPIQ™ Bowel Prep</u>	○ <u>SUTAB® Bowel Prep</u>	○ <u>CoLyte®, PEG-3350, TriLyte®, NuLYTELY®, GaviLyte™</u>
<p>Day Before Exam: Begin a clear liquid diet from the time you awake in the morning. (See back for clear liquid diet recommendations). For best results, you are encouraged to drink plenty of clear liquids throughout the day and evening.</p>	<p>Day Before Exam: Begin a clear liquid diet from the time you awake in the morning. (See back for clear liquid diet recommendations). For best results, you are encouraged to drink plenty of clear liquids throughout the day and evening.</p>	<p>Day Before Exam: Begin a clear liquid diet from the time you awake in the morning. (See back for clear liquid diet recommendations). For best results, you are encouraged to drink plenty of clear liquids throughout the day and evening.</p>	<p>Day Before Exam: Begin a clear liquid diet from the time you awake in the morning. (See back for clear liquid diet recommendations). For best results, you are encouraged to drink plenty of clear liquids throughout the day and evening.</p>
<p>At 5pm: Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all the powder has dissolved. <u>**If preferred, mix the solution an hour before and refrigerate**</u> Drink 8 ounces of solution every 15 minutes until bottle is empty.</p> <p>Drink an additional 16-ounces of water and then continue plenty of clear fluids rest of the evening.</p>	<p>At 5pm: Drink ONE bottle of Clenpiq (do not mix), followed by FIVE 8-ounce glasses of clear liquids.</p> <p>Consume plenty of clear liquids during the evening.</p>	<p>At 5pm: Fill the 16-ounce container with water and start taking ONE (1) TABLET at time with a small sip of water until all TWELVE (12) are gone, within THIRTY (30) minutes.</p> <p>Fill the 16-ounce container TWO (2) more times and drink within 30 minutes after completing the tablets.</p> <p>Consume plenty of clear liquids during the evening.</p>	<p>At 5pm: Mix container to the fill line with a clear liquid of your choice. You are to drink ½ (half) the liquid in the container between 5pm and 6pm (approximately 8-ounces every 10 minutes until ½ (half) the liquid is gone.</p> <p><u>**If preferred, mix the solution a couple hours ahead of time and refrigerate prior to drinking.</u></p>
<p>The Morning of the Exam-: <u>At the time instructed during the pre-screening call.</u> Fill the provided bottle with lukewarm water to the fill line. After capping the bottle, gently shake the bottle until all powder has dissolved. Drink 8 ounces of solution every 15 minutes until bottle is empty. Followed by a 16-ounce glass of water.</p> <p><u>NOTHING BY MOUTH (including water, chewing gum, hard candy etc.) AFTER COMPLETION OF THE MORNING BOWEL PREP.</u></p>	<p>The Morning of the Exam-: <u>At the time instructed during the pre-screening call.</u> DRINK THE SECOND DOSE of Clenpiq, followed by THREE 8-ounce glasses of water, within the above 1-hour time frame.</p> <p><u>NOTHING BY MOUTH (including water, chewing gum, hard candy etc.) AFTER COMPLETION OF THE MORNING BOWEL PREP.</u></p>	<p>The Morning of the Exam-: <u>At the time instructed during the pre-screening call,</u> fill the 16-ounce container with water and start taking ONE (1) TABLET at time with a small sip of water until all TWELVE (12) are gone, within THIRTY (30) minutes. Followed by TWO (2) more 16-ounce glasses of water.</p> <p><u>NOTHING BY MOUTH (including water, chewing gum, hard candy etc.) AFTER COMPLETION OF THE MORNING BOWEL PREP.</u></p>	<p>The Morning of the Exam-: <u>At the time the nurse instructed during the pre-screening call,</u> drink the remaining half of prep until gone within (1)one hour.</p> <p><u>NOTHING BY MOUTH (including water, chewing gum, hard candy etc.) AFTER COMPLETION OF THE MORNING BOWEL PREP.</u></p>

(586) 286-5400

More information and FAQ at www.tcgastro.com

CLEAR LIQUID DIET

Water
Black tea (no cream)
Black coffee (no cream)
Jell-O – NO RED flavors
Soft drinks – NO RED flavors
Clear juices – NO RED flavors
Popsicles – NO RED flavors
Hard candy – NO RED flavors
Bouillon
Broth

RECOMMENDATIONS:

Gatorade (NO RED flavors)
Apple juice
White grape juice
Sprite / 7UP
Ginger ale
Squirt

YOU MAY NOT HAVE:

Tomato juice
Orange juice
Lemonade
Milk
Milk products
Solid foods

IT IS RECOMMENDED THAT PLENTY OF CLEAR LIQUIDS BE CONSUMED THROUGHOUT THE DAY FOR MORE EFFECTIVE BOWEL CLEANSING.