

### Helpful Hints for Your Colonoscopy

**Low Fiber Diet: 2 days before exam** stay on a low fiber diet- cut back on how much you eat.

**Soups:** Broth, Cream soups, tomato, chicken and rice, noodles.

**Meats:** Any soft or easy to chew meat or fish.

**Vegetables:** Potatoes with skin, tomatoes and tomato juice, beets, carrots, mushrooms, pumpkin, yellow squash, turnip greens, spinach (cooked), asparagus tips.

**Fruits:** All juices, cooked or canned applesauce, apricots, pears, cherries, peaches, bananas, citrus fruits without membrane.

**Cereal:** Refined, cooked, or ready to eat oatmeal.

**Starches:** Biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

**Cheese/Eggs:** Cottage cheese, cream cheese, mild cheeses such as American or Swiss. Yogurt without fruit. All eggs except fried.

**Desserts:** Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from allowed foods.

**Beverages:** Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

**Fat:** Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressings, sour cream.

**Liquid Diet: Day before exam** stay on clear liquids only- **No Solid Foods.**

**Soups:** Clear consommé, Bouillon or broth, Ensure Clear.

**Beverages:** Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple), beer, white wine, Gatorade (no red or purple).

**Juices:** White cranberry, apple, strained lemonade, white grape.

**Desserts:** Gelatins, popsicles (no red or purple), Gummy Bears, Life Savers, orange sherbert.

No milk products (but you can use milk or cream in your coffee).

\*\*\*Follow your instructions about taking the laxative preparation:

**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 Day-Before-Dose Regimen

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



**Afternoon/Early Evening before  
your colonoscopy**

### First Dose

- 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: 3 pm  
Finish: \_\_\_\_\_

**Evening before  
your colonoscopy**

### Second Dose

- 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!*



Start: 8 pm  
Finish: \_\_\_\_\_

\*\*\***Morning of exam**\*\*

- Drink one 8 oz glass of water or clear liquid of choice 2 hours before exam.
- You cannot drive or work the day of exam.
- You must have a driver.
- Stop aspirin, Plavix or any other blood thinner 5 days prior to the exam.
- Let our office know when scheduling if you are on diabetic medications.