

# Colonoscopy Preparation Instructions

## CLENPIQ (PM PROCEDURE)

**\*\*Please pick up prep at your pharmacy within a week from being seen in the office\*\***

### 1. THREE DAYS PRIOR TO YOUR PROCEDURE

- Please start a low residue/low fiber diet.

o Acceptable low residue/low fiber diet include:

- |           |                    |                |
|-----------|--------------------|----------------|
| ▪ Meat    | ▪ Oatmeal          | ▪ Rice         |
| ▪ Bacon   | ▪ Cream of wheat   | ▪ Potato       |
| ▪ Fish    | ▪ Pancakes         | ▪ Squash       |
| ▪ Chicken | ▪ Waffles          | ▪ Avocado      |
| ▪ Cheese  | ▪ Cake             | ▪ Canned fruit |
| ▪ Eggs    | ▪ Saltine Crackers | ▪ Olive oil    |
| ▪ Milk    | ▪ White bread      | ▪ Butter       |
| ▪ Yogurt  | ▪ Pasta            | ▪ Chocolate    |

### 2. THE DAY BEFORE YOUR PROCEDURE

- Start a clear liquid diet, (*this includes the bowel prep*)!

o Acceptable clear liquids include:

- |   |   |
|---|---|
| ▪ Beef or chicken broth                                   | ▪ Ginger Ale  |
| ▪ Jell-O or popsicles ( <i>NO RED, PURPLE OR ORANGE</i> ) | ▪ Apple juice                                       |
| ▪ Sprite  | ▪ Water   |
| ▪ 7-UP  | ▪ Tea or coffee ( <i>PLAIN, NO CREAM OR SUGAR</i> ) |

### 3. PLEASE REFER TO PAGE 3 FOR LAXATIVE INSTRUCTIONS.

**\*\*Also, you may not have ANYTHING within 3 hours of your arrival time. \*\***

Your procedure may be cancelled if you do so.

4. Arrange to take the day off of work since anesthesia will be administered. You **MUST** have a responsible adult driver present at the time of arrival and during your recovery. We cannot start the procedure without your driver present in the building. You will NOT be able to drive yourself home after the procedure. **Uber, Lyft, Taxi, bus or other forms of "public transportation" are NOT acceptable means of returning home after the procedure.** If you do not have an acceptable mode of transportation home after the procedure, your appointment will be cancelled and rescheduled to a different date.

5. All body piercings **MUST BE REMOVED** prior to arrival.

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**6. MEDICATION MODIFICATIONS**

**\*\*PLEASE DO NOT STOP TAKING YOUR ASPIRIN\*\***

- Stop Coumadin 5 days prior to the procedure
- Stop Pradaxa, Xarelto and Eliquis 2 days prior to the procedure
- Stop Plavix 7 days prior to the procedure
- Stop any anti-inflammatory medication 1 day prior to the procedure (including ibuprofen)
- Stop any arthritis medication 1 day prior to the procedure
- **DO NOT TAKE** insulin or any other oral diabetic medications the morning of the procedure. Be sure to check your blood sugar 4 hours prior to your appointment time. If your blood sugar is low, drink a glass of apple juice.
- Stop Trulicity, Byetta, Saxenda, Victoza, Ozempic, Wegovy, Rybelsus, and Mounjaro **ONE WEEK** prior to your procedure.
- Stop Canagliflozin, Dapagliflozin, and Empagliflozin **THREE DAYS** prior to your procedure.
- Please take ½ dose Lantus the night before the procedure (if you are prescribed this)
- Continue to take any other prescription medications that are not listed above. They must be taken no later than 3 hours prior to your arrival time.

**\*\*IF YOU ARE NOT SURE IF YOUR MEDICATIONS FALLS UNDER ANY OF THESE CATEGORIES, PLEASE CONTACT YOUR PHARMACY FOR FURTHER ASSISTANCE. \*\***

Your exam is scheduled on \_\_\_\_\_ at \_\_\_\_\_ am / pm

At \_\_\_\_\_ Please arrive no later than \_\_\_\_\_ am / pm

-Please arrive no later than your arrival time to your appointment time

**YOUR PROCEDURE MAY BE CANCELLED AND RESCHEDULED IF YOU ARE LATE!**

**\*\*\*\*\*PLEASE BE FLEXIBLE. YOUR PROCEDURE TIME MAY VARY DEPENDING ON NUMEROUS FACTORS (cancellations, procedural delays, etc.) \*\*\*\*\***

**Important:** It is important that you contact your insurance company **5 DAYS PRIOR** to your procedure date. You may have a co-payment the day of your procedure and are responsible to verify with your insurance in advance. Patients calling to cancel less than 2 business days due to a high co-payment may be subject to a \$150.00 cancellation fee.



# CLENPIQ®

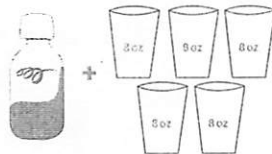
(sodium picosulfate, magnesium oxide, and anhydrous citric acid) Oral Solution

10 mg/3.5 g/12 g per 160 mL bottle

## HOW TO TAKE CLENPIQ: DRINK, HYDRATE, REPEAT SPLIT-DOSE REGIMEN

### Evening Before

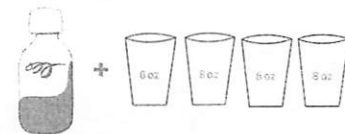
Between 5-9 PM



Drink 5 or more 8 ounce (oz) cups of clear liquids.\*  
Finish liquids over the next 5 hours.

### Morning of

5 hours before procedure



Drink 4 or more 8 ounce (oz) 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, during, and after the prep.

## Prep Assistant

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

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

1

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



2

### Evening before your colonoscopy

- Drink one bottle of CLENPIQ
- Hydrate

Drink 5 or more 8 ounce (oz) cups of clear liquid.



Start: \_\_\_\_\_:

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

Check off the cups as you go!

3

### (5 hours before colonoscopy time)

- Drink the other bottle of CLENPIQ
- Hydrate

Drink 4 or more 8 ounce (oz) cups of clear liquid.



Start: \_\_\_\_\_:

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

Check off the cups as you go!

\*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 and children 9 years and older 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 Important Safety Information continued on the back.