

General Procedure Instructions

Read and follow these instructions closely. Failure to follow them will result in your procedure being **cancelled or rescheduled** to a different day. These instructions are for your safety. Failure to follow them could cause severe complications, resulting in **HOSPITALIZATION or even DEATH**.

****DO NOT DRINK ANYTHING FOR FOUR (4) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME. THIS EVEN INCLUDES CHEWING GUM, MINTS, OR SMALL AMOUNTS OF WATER AND MEDICATIONS.****

****NO TOBACCO PRODUCTS SIX (6) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME.****

****Avoid CBD Oil and Marijuana use 24 hours prior to your procedure.****

****Please notify us** if you are taking any **blood thinning** medications, (ex: Coumadin, Plavix, Aggrenox, Xarelto, Eliquis, Pletal, Pradaxa, etc.) or Diabetic Medication.

Do NOT take any of the following medications for **SEVEN (7)** days prior to your procedure:

1. Iron medications or supplements (e.g. Fermalox, Niferex, Ferrous Sulfate), or vitamins containing iron
2. Any fiber supplements such as Metamucil, Citrucel, Konsyl

DO:

1. Call the facility where you will have your procedure with any questions regarding your medications or preparation instructions.
2. **Have an adult (18+) accompany you to the procedure. He/she MUST stay at the center the entire time you are there to be available for any emergencies and because some of the medication you will receive will impair your ability to drive.**
3. If you are having a colonoscopy, follow the prep instructions carefully and completely.
4. If you are having an upper endoscopy (EGD), begin a clear liquid diet at 11:00 PM the night before your procedure.
5. Stay hydrated by drinking plenty of clear liquids up to your four hour cutoff point.
6. Brush your teeth, but do not swallow water or toothpaste.
7. Check with the physician managing your medications regarding options for temporarily stopping any blood thinning medications or diabetic medications.
8. Take your normal dose of blood pressure, heart, or seizure medications. If, you should take medication the morning of your procedure, take it **at least four (4) hours prior to your procedure**.
9. Arrive for your procedure as directed. Your arrival time will be approximately one hour before your procedure begins. However, if your procedure is scheduled for 7:00am or 7:30am, please be aware that our office does not open until 6:30am. You do not need to arrive before 6:30am.
10. Because each case is different, many factors determine what time your procedure will actually begin. Please remain patient. We will do our best to accommodate you in a timely manner.



Digestive Care Center

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

One week before your procedure do NOT eat:

Strawberries	Caraway seeds (rye bread)	Pineapple	Tomatoes
Chili or kidney beans	Lettuce	Popcorn	Corn
Olean products	Breads with sesame seeds	Red/orange Jell-O	Oranges
Fruit or vegetable skin/seeds	Peas	Grapefruit	Nuts

You may eat any food not listed above, including fruits and vegetables that are peeled and have the seeds removed.

Start Hydrating

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

Make sure to hydrate before, during, 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 popsicle



****Please avoid liquids containing RED, PURPLE, or, ORANGE dyes. **NO milk, orange juice, or tomato juice.
DO NOT consume any alcoholic beverages.

Do NOT consume anything 4 hours before your procedure.



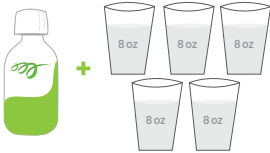
Digestive Care Center

CLENPIQ® Colonoscopy Prep Instructions

*Pick up your prescription that was filled at your preferred pharmacy.

Evening Before

Between 5-9 PM



Drink one bottle of CLENPIQ + 5 cups (40 oz) or more of clear liquids.* Finish liquids over the next 5 hours.

Morning of

5 hours before procedure



Drink the other bottle of CLENPIQ + 4 cups (32 oz) or more of clear liquids. Finish liquids 4 hours before your colonoscopy.



Hydration is important and it's part of the prep. Make sure to hydrate before, during, and after the prep.

Prep Assistant

Arrival Time _____

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 cups (8 oz each) 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 cups (8 oz each) of clear liquid.



Start: _____

Finish: _____

Check off the cups as you go!

NOTE: YOU MUST finish drinking the final glass of water at least 4 hours before your colonoscopy.