

## CLENPIQ PREPARATION INSTRUCTIONS FOR COLONOSCOPY

DATE \_\_\_\_\_ TIME SCHEDULED \_\_\_\_\_ ARRIVAL TIME \_\_\_\_\_

LOCATION: **LONE STAR ENDOSCOPY 515 S. NOLEN, SOUTHLAKE, TX 76092 817-912-1999**

### **INSURANCE NOTIFICATION:**

- If precertification is required, it will be obtained by our Central Billing Office. Contact your insurance company prior to the procedure to make sure this has been done.
- If you have changed insurance since the last time you have been seen, you must notify us of this change.
- There will be a facility and anesthesia charge in addition to the physician's fee.  
**Please bring your insurance card and driver's license to the procedure.**

### **GENERAL INSTRUCTIONS:**

Expect to receive phone calls from our business office and nursing department in the days prior to your appointment.

- Follow these instructions carefully, NOT the ones on the prep box
- Follow instructions given to you about any changes to your medications.
- Pay close attention to the diet and medication instructions noted below. You may be making medication or diet changes up to 7 DAYS prior to your procedure.
- You should NOT have ANYTHING do EAT or DRINK after midnight except your bowel prep, and no liquids at all for FOUR HOURS prior to your exam including gum, mints or ice chips
- **If you do not follow these directions your colonoscopy may be canceled.**

### **5-7 DAYS BEFORE THE EXAM:**

- You will likely have to stop BLOOD THINNERS prior to your exam. Your doctor will tell you how long you will need to be off the blood thinners before and after the exam. Unless instructed otherwise, DO NOT stop your aspirin.
- Discontinue fiber supplements and any medications containing iron (Metamucil, Citrucel, multivitamins with iron, etc).
- IF YOU ARE DIABETIC, contact your primary care physician for instructions on how to take your medications on the day of the preparation and the procedure day.

### **3 DAYS BEFORE THE EXAM:**

- Stop eating all high fiber foods: No raw fruits or vegetable, whole grain wheat or multi-grain foods, nuts, popcorn, seeds, bran, bulking agents.

### **THE DAY BEFORE THE EXAM:**

- Drink only **CLEAR LIQUIDS** all day, you may drink up until midnight. Start drinking liquids in the morning, and drink all day. Do not just drink the liquids recommended around the time of the actual preparation. The more you drink all day, the better your prep.
- NO solids, or milk products.
- NO alcohol on the day before or the day of the procedure.
- CLEAR LIQUIDS are:
  - Strained fruit juices without pulp (apple, lemonade, white grape)
  - Water, Gatorade, popsicles, snow cones, carbonated soft drinks, Jell-O
  - Clear broth and bouillon
  - Coffee or tea WITHOUT creamer/milk.
  - AVOID RED, PURPLE and BLUE LIQUIDS**

## CLENPIQ PREPARATION INSTRUCTIONS FOR COLONOSCOPY

### TO OPEN THE CLENPIQ BOTTLE, BREAK THE SEAL FIRST, THEN TURN TO OPEN CAP

6:00pm

#### First Dose:

1. Drink first container of Clenpiq
2. Drink **ALL** the liquid in the container
3. Follow with FIVE (5) 8-oz cups of clear liquid within the next 2 hours

5 hours prior  
to arrival at  
facility

#### Second Dose:

1. Drink second container of Clenpiq
2. Follow with THREE (3) 8-oz cups of clear liquid within the next hour
3. You must complete your prep 4 hours prior to arrival

#### DAY OF EXAM:

-If you are on heart or blood pressure medications, take them with a sip of water 4 hours or more before the exam.

-Otherwise, **NOTHING** BY MOUTH, within 4 hours of the exam. The second dose of prep should be finished **4 hours prior** to arrival.

-You will be in recovery for 30-60 minutes after the exam.

**-AFTER YOUR PROCEDURE, YOU WILL NEED A DRIVER TO RETURN HOME. THIS CANNOT BE PUBLIC TRANSPORTATION SUCH AS UBER, LYFT, TAXI, ETC.**

Texas Digestive Disease Consultants, - 24 hour call.

Metro (817) 424-1525

Fax (817) 424-3491

SCHEDULER:

CAROL 817-310-4424

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### TIPS FOR A GOOD COLONOSCOPY PREPARATION

- Make sure you receive your colonoscopy prep and the appropriate instructions well before your procedure date, and read them completely as soon as you get them.
- Arrange for the time and privacy you need to complete the prep with as little stress as possible. Clear your schedule, and be at home on time to start your prep. If you have children or aging parents who need attention, have someone else be available to them while you're indisposed.
- Water can get boring, so keep a variety of clear liquids on hand. On the day before your colonoscopy — when you're restricted to clear liquids — you can have popsicles, Jell-O, clear broth, coffee or tea (without milk or creamer), soft drinks, Italian ice, or Gatorade. But take nothing with red, blue, or purple dye. Drink extra liquids before, during, and after your bowel prep (until a 4 hours before your procedure), as well as after your colonoscopy. Hydration is important!
- Wear loose clothing, and stay near the bathroom. Better yet, once the preparation starts to work, stay *in* the bathroom — because when the urge hits, it's hard to hold back. Consider setting up shop near the toilet with music, your laptop, magazines, or books
- The clear liquid diet and preparation are not pleasant ways to spend a day but your exam is only as good as your preparation. A poor preparation may result in missed lesions and could result in you having to repeat your procedure much sooner than would otherwise be needed. A good preparation will maximize our ability to locate and remove any pre-malignant lesion and will ensure that we give you the longest possible interval before needing to repeat your exam!