

# TDDC

Texas Digestive Disease Consultants

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Procedure Date and Time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Facility: \_\_\_\_\_ (see MAP)

**Do NOT eat ANY nuts, seeds, or popcorn one week prior to your procedure**

## PREP INSTRUCTIONS FOR COLONOSCOPY – Clenpiq

\*\* If you are taking **Plavix, Coumadin (Warfarin), Lovenox** or any other prescribed blood thinners, it is very important that you notify the nurse for instructions as to when to **STOP** these medications prior to your procedure. **If you are taking 325MG Aspirin**, switch to 81MG daily 7 days prior to your procedure & stay on this leading up to the procedure.

### **DAY BEFORE:**

1. You **MUST** be on a clear liquid diet **ALL DAY**. (NO SOLID FOODS)

- List of liquids: Tea, Black Coffee (no creamer), coke, sprite, diet sodas, chicken or beef broth, Jell-O, popsicles, apple juice, cranberry juice (natural red), Gatorade, Powerade, and water. Absolutely no RED Jell-O or RED/ PURPLE products. No Orange Juice, Milk, or Milk Products.
- You will need to take any **Thyroid, Blood Pressure, Anxiety and only take a half dose of your diabetic medication.**

2. At **6:00pm** complete the following steps using your CLINPIQ KIT:

- Drink one bottle of CLENPIQ
- Follow with FIVE 8-oz cups of water (use cup included in kit)

\*Check off as you finish each cup   1     2     3     4     5   \*Complete within 1 hour

3. At **9PM**, MIX one 238gram container of MiraLAX in 64 oz of water. Drink half (32oz) of this mixture over 1 hour.

\*If you're still not clear by 10 pm drink another 300ml bottle of magnesium citrate.

\*If you have not had **any** bowel movements by 10:30 pm call 972-562-4430, press option 1 to page our doctor on call.

### **DAY BEFORE:** 5 hours before your procedure time

1. At \_\_\_\_\_ AM/PM drink the other bottle of CLENPIQ and follow with at least THREE 8-oz cups of water.

\*Check off as you finish each cup:   1     2     3   \*Complete within 1 hour\*

2. You **MUST HAVE TRANSPORTATION** from the facility by an adult family member or friend otherwise, your procedure will be canceled.

3. You may take blood pressure or heart medication with **just a sip** of water **early** on the morning of your procedure.

4. **NOTHING** by mouth 5 hours prior to procedure(s)