

*Roger Kao, M.D.*

*Scott Levenson, M.D.*

DIGESTIVE CARE ASSOCIATES 1000 LAUREL STREET SAN CARLOS, CA 94070 (650) 596-8800

[www.digestivecarecenter.com](http://www.digestivecarecenter.com)

## COLONOSCOPY

### CLENPIQ BOWEL PREPARATION INSTRUCTIONS

**Patient's Name:** \_\_\_\_\_

**Procedure Location:** **Digestive Care Medical Center** (650) 596-8800 (scheduling/after hr)  
1000A Laurel Street, San Carlos, CA (650) 596-8118 (nursing)

**Date and Time of Procedure:** \_\_\_\_\_

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

**Purpose of Procedure:** To evaluate the colon with a flexible instrument.

**Preparation:** Obtain the prescribed Clenpiq Bowel Prep Kit from a pharmacy.

- **5 Days Before:** Stop taking any anti-diarrheals, Plavix, warfarin, ibuprofen, naproxen, iron and aspirin > 81mg.
- **3 Days Before:** Avoid whole grain bread, high fiber cereals, fiber supplements, nuts, seeds, granola.
- **2 Days Before:** Stop Eliquis, Pradaxa, Savaysa, Xarelto if allowed by your prescribing doctor.
- **1 Day Before:**
  1. Drink **only clear liquids the entire day** (black coffee, tea, soda, water, apple juice, cranberry juice, grape juice, Gatorade, clear broth, popsicles, and jello. No red jello. No alcohol. No solid food).
  2. At 4pm or later, drink one entire bottle of CLENPIQ. **Drink an additional at least FIVE 8 ounce drinks** of clear liquid taken at your own pace within the next 5 hours. (Note that responses to laxatives vary; it may take anywhere from 30 minutes to 4 hours to cause diarrhea).

**Day of Procedure:** (Continue on clear liquid diet).

1. Approximately 4-6 hours before your procedure, drink the other bottle of CLENPIQ.
2. **Drink an additional at least FIVE 8 ounce drinks** of clear liquid over the next 2 hours. Nothing to drink for 2 hours prior to the exam. Take your usual morning medications (particularly blood pressure medications other than diuretics) with sips of water.

**Please note:**

- If you are diabetic, hold your oral diabetes medication on the morning of procedure. Check your blood sugar and if >150 then take ½ your regular insulin dose on a.m of procedure.
- Arrange for someone to drive you home (not Uber, Lyft, taxi or bus) and be prepared to be at the endoscopy center for 90 minutes. Enter via the side entrance on Morse. **You will not be able to drive for the remainder of the day of your procedure.**
- Please notify us **at least** one week prior to exam if you must cancel. **NOTE:** There is a \$300 charge for procedures cancelled within 5 business days of scheduled date.
- The above procedure may result in bills from our office, the Digestive Care Medical Center, tissue lab, and pathologist. We will collect a \$300 deposit if yearly deductible has not been met.