

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: _____ **ENTER ON MORSE ST**

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. **You must continue to drink liquids all day prior to procedure.** (Note that responses to laxatives vary; it may take anywhere from 30 minutes to 4 hours to cause diarrhea).

Day of Procedure:

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 the 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 60 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 the exam if you must cancel. **NOTE:** There is a \$300 charge for procedures cancelled within 5 business days of scheduled date.
- The above procedure will result in bills from our office (Digestive Care Associates) and facility (Digestive Care Medical Center) covering costs of the doctor, nursing, medication, and any pathology specimens. We will collect up to \$300 deposit if yearly deductible has not been met.