

## YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: \_\_\_\_\_

Gastro Health Physician: \_\_\_\_\_

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

Facility/address: \_\_\_\_\_

Phone: \_\_\_\_\_

Registration Assistant: \_\_\_\_\_

### **DAY BEFORE-CLEAR LIQUID PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH CLENPIQ.**

PLEASE REVIEW THE INSTRUCTIONS *AT LEAST 3 DAYS PRIOR* TO THE PROCEDURE USE THESE PREPARATION INSTRUCTIONS *AND NOT* THOSE INCLUDED WITH CLENPIQ.



**It is important that you follow these directions carefully  
and complete the entire preparation to ensure the most effective cleansing.**

- If you are taking any blood thinners **AND** this was **NOT** discussed with your doctor at the time of scheduling the procedure, please call us **BEFORE** starting the preparation. These include, but are not limited to *Aspirin, Coumadin-(Warfarin), Plavix-(Clopidogrel), Xarelto-(Rivaroxaban), Arixtra-(Fondaparinux), Effient-(Prasugrel), Aggrenox-(Aspirin/Dipyridamole), and all NSAIDs (Ibuprofen, Motrin, Aleve, Naproxen, Celebrex, Mobic).*
- **YOU MUST CONTINUE TO TAKE ALL** your other medications every day prior to the colonoscopy AND take them with a small sip of water on the day of your colonoscopy.
- **IF YOU ARE DIABETIC, DO NOT** take your diabetic pills the day of the colonoscopy.
- Please plan to have someone drive you home after the procedure. You will not be allowed to drive yourself home.
- You cannot take an Uber, Lyft or taxi home from your procedure without an adult companion.

## DAY BEFORE PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH CLENPIQ



### 3 DAYS BEFORE THE PROCEDURE

STOP eating fruits and vegetables including beans, corn and seeds.

### THE DAY PRIOR TO THE PROCEDURE

You may not have any solid food. If desired, you may have a liquid yogurt only for breakfast before 10 AM, no later. After 10 am, you may have only clear liquids. For example: water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles, and hard candy. It is important to drink extra clear liquids before your prep to maintain adequate hydration.

**DO NOT DRINK MILK. DO NOT DRINK LIQUIDS THAT ARE RED OR PURPLE IN COLOR.**

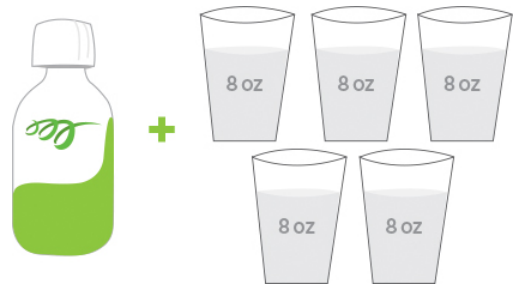
### BEGIN YOUR CLENPIQ

#### Step 1:

Starting between 5:00 PM and 7:00 PM, drink ONE (1) bottle of Clenpiq. Drink entire content from the bottle.

#### Step 2:

Follow with FIVE (5) 8-ounce glasses of any clear liquid. About one (1) cup every 30 minutes.



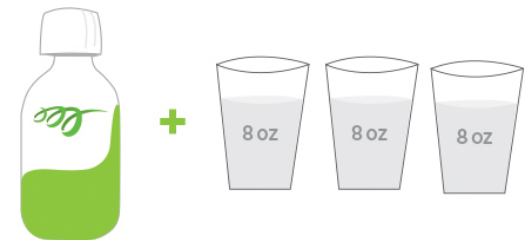
### THE DAY OF THE PROCEDURE

#### Step 3:

Starting at \_\_\_\_\_ (4 hours before the arrival time) drink ONE (1) bottle of Clenpiq. Drink entire content from the bottle.

#### Step 4:

Follow with THREE (3) 8-ounce glasses of any clear liquid. About 1 cup every 3 minutes. Finish the entire prep even if stool is clear liquid.



**YOU MUST COMPLETE STEP 4 AND STOP ALL LIQUIDS BY \_\_\_\_\_ (At least 2 hours before your Arrival Time)**

Please call us if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.

