



## Procedure Instruction Packet

**READ this instruction packet completely at least 7 days prior to your procedure!!**

*\*\*Your procedure may be cancelled if these instructions are not followed.*

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

Procedure Scheduled: \_\_\_\_\_

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

- We ask all patients to arrive 1 hour prior to the estimated start time of their procedure.

Estimated Start Time of Procedure: \_\_\_\_\_

- Note: The exact time for each procedure varies from patient to patient. Our physicians give each patient outstanding care and undivided attention.

**Please print this packet out if you are receiving it by email.**

It is important that you read the instructions a few times before your procedure. We recommend you set a reminder on your calendar 7-10 days prior to your procedure to ensure you are prepared and understand your restrictions.



***Important:*** If you are scheduled for a colonoscopy, *follow our instructions ONLY. Do **NOT** follow the instructions within the colonoscopy prep kit you receive at the pharmacy.*

Following the instructions within this packet is very important. We want to ensure your procedure will be performed with success.

You will receive a confirmation call or text 72 hours prior to your scheduled procedure.

## Colonoscopy Prep Instructions with Clenpiq Prescription

**YOUR BOWEL Prep IS VERY IMPORTANT- Please read instructions carefully!**

10 Days Prior	1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>You must STOP taking <b>Phentermine</b>, or any medication containing <b>Phentermine</b>.</p> <p><u>Examples:</u> Qsymia, Qnexa, Adipex-P, Suprenza, Fastin or Phentercot.</p>	<p><b>Pick up your prescription.</b></p> <p><u>Only follow these instructions. Do NOT follow box instructions.</u></p> <p>If you take dietary, herbal or fiber supplements, or medications containing iron, discontinue these 7 days before your appointment.</p> <p><b>If you take Coumadin, Plavix, Pradaxa, Xarelto, Eliquis or other blood thinners:</b> You must obtain permission to withhold this medication prior to your procedure.</p> <p><b>Contact our pre-operative nurse for concerns or questions at 410 224-3636</b></p> <p><b>You MAY continue to take:</b> once daily aspirin (81mg or 325mg daily)</p>	<p><b>Stop</b> consuming all food with seeds, corn and nuts.</p> <p><b>Stop</b> taking ibuprofen, Advil, Aleve and NSAIDs</p> <p>You may take Tylenol as needed.</p>	<p>Drink at least four 8oz. glasses of water throughout the day.</p>  <p><b>Blood Pressure and Heart medications:</b> Continue to take these medications as directed. Take them the day of your procedure with a <b>small sip of water</b> <u>no less than 2 hours</u> before procedure.</p> <p><b>Inhalers and Nasal Spray:</b> Continue to take these medications as directed. Bring with you day of procedure.</p> <p>If you have a fever, cold, or respiratory symptoms within 48 hours of your procedure- call us.</p> <p><b>NO Solid Foods after midnight</b></p>	<p>Begin clear liquid. <b>NO Solid foods</b> today. Red, purple or blue colored liquids are not allowed.</p> <p><b>Acceptable clear liquids</b> include: water, clear broth, apple juice, white cranberry juice, white grape juice, soda, gelatin (Jello), popsicles, coffee, and tea (<u>no milk or creamer</u>).</p> <p>If you are taking <b>diabetic medication</b>, cut your dose in half this day and do not take any diabetic medication day of procedure.</p> <p>If you have an insulin pump, check with prescribing MD for instructions.</p>  <p>Drink at least four 8oz. glasses of water throughout the day. Do NOT drink alcohol the day before your procedure.</p> <p><b>6pm: Begin Clenpiq Prep- Part 1</b></p> <p><b>Step 1-</b>Drink 1<sup>st</sup> bottle of Clenpiq solution. Shake well prior to drinking. Drink all Solution in 1<sup>st</sup> bottle.</p> <p><b>Step 2-</b> Drink <b>five 8oz glasses of clear liquid (total of 40oz). Drink each 8oz every 15 minutes.</b></p> <p><u>It should take you no more than 90 minutes to complete these steps.</u></p>	<p><b>Clenpiq Prep- Part 2</b></p> <p><b>If your procedure is scheduled before 1130am:</b> <b>At 3am</b> complete below steps.</p> <p><b>If your procedure is scheduled after 1130am:</b> <b>At 730am</b> complete below steps.</p> <p><u>It should take 1 hour to complete</u></p> <p><b>Step 1-</b> Drink 2<sup>nd</sup> bottle of Clenpiq solution. Shake well prior to drinking. Drink all Solution in 2<sup>nd</sup> bottle.</p> <p><b>Step 2-</b> Drink <b>four- 8oz glasses of clear liquid (total of 32oz). Drink each 8oz every 15 minutes.</b></p> <p><u>It should take you no more than 1 hour to complete these steps.</u></p> <p><b>**You need to finish 4 hours prior to your procedure.</b></p> <p><b>Nothing by mouth at least 4 hours prior to scheduled procedure time-including gum, hard candy or mints.</b></p> <p><b>No smoking the day of procedure.</b></p> <p>You may take your essential morning medications with a small sip of water, <u>at least 2 hours</u> prior to your procedure, unless otherwise directed by your physician.</p> <p><b>You will need:</b> -Insurance Cards -Driver's License/Photo ID -Any co-insurance fees due</p> <p><b>-A responsible adult driver to drive you home.</b> A taxi or shuttle is not an approved means of transportation <b>unless you have</b> a family member or friend with you. You may not drive until the day after your procedure.</p>

# Medication Record Form

- This form must be completed prior to your procedure.
- Please list all prescriptions, over the counter medications, vitamins and supplements taken in the last month.
- Please remember to review medication instructions provided on page 1 of your procedure instructions.
- *If you have questions regarding your medications prior to your procedure, please call 410-224-3636 and ask to speak with our procedure coordinator.*

Medication Name	Dose	Frequency and Time(s) Taken	<u>Date / Time of Last Dose</u>

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

# Medication Record Form


\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date