



If you have any questions regarding your medications or preparation, Call 850-747-0825 between the hours of 7am and 3pm.

PREPARATION INSTRUCTIONS FOR COLONOSCOPY with CLENPIQ

NAME: _____ CHART#: _____ DR: _____

DATE: _____ ESTIMATED ARRIVAL TIME: _____

Table with 2 columns: FACILITY and LOCATION. Rows include Northwest FL Gastro, Bay Medical Center, Gulf Coast Medical Center, and Jackson Hospital.

Arrange a ride: You will be given medication that makes you relax and be sleepy. Please make arrangements for a family member or friend to drive you home following your procedure. Anticipate 3 to 4-hours stay at facility. You WILL NOT be allowed to drive yourself home.

Do these things 10 DAYS BEFORE the procedure:

Have CLENPIQ prescription filled at your pharmacy.

Do these things 3 DAYS BEFORE the procedure:

Stop taking NSAIDS (Ibuprofen, Advil, Midol, Excedrin, Bayer, Celebrex, Mobic, Diclofenac, Naproxen) Stop taking Vitamin E, ginkgo, ginger, Fish Oil, Iron and iron-containing vitamins, Garlic Stop taking Fiber Supplements such as Metamucil, Fibercon, Benefiber, etc. TYLENOL or Acetaminophen is Okay.

Do these things 2 DAYS BEFORE the procedure:

Begin a low-residue (soft) diet. See an attached sheet. IF Diabetic, see an attached sheet

The DAY BEFORE the procedure: * DO NOT EAT*

Start a strict LIQUID DIET. A liquid diet include: Juices (apple, white grape); Broths (beef, and/or chicken); Soda Pop (any); Tea and Coffee. Gatorade, Popsicles, Kool-Aid and various Jell-O flavors. AVOID ALL RED or PURPLE liquids, juices with pulp, milk, cream, soy or non-dairy creamer and/or solid food. *DO NOT EAT*

To help prevent dehydration, it is important to drink plenty of liquids before, during and after today's colon-prep. 6:00 P.M. - Shake up one bottle of CLENPIQ. Drink all of the liquid from the bottle. Using cup provided, drink 5 cups of water over the next hour. Continue regular liquids. You may drink clear liquids until midnight.

To help prevent dehydration, it is important to drink plenty of liquids before, during and after today's colon-prep.

The DAY OF the procedure: *DO NOT EAT*

Five (5) hours before your arrival time, shake up second bottle of CLENPIQ. Drink all the liquid from the bottle. Using cup provided, drink 3 cups of water over the next hour. **STOP DRINKING**

Two hours before procedure(s) TAKE blood pressure, heart, seizure, breathing, anti-reflux, thyroid, and/or mental health medications as prescribed, one hour prior to arrival, with no more than 2-oz of water. **DO NOT EAT** Bring with you to your procedure: Picture I.D., Insurance Card(s), a list of your current medications, and a contact number for your ride