



3112 Fairview Drive
Owensboro, KY 42303
Phone: 270-922-2500
Fax: 270-922-2505
info@Landmarkgi.com

Miguel Lalama, MD, MPH

Brittany Davidson, APRN

Simone McCormack, APRN

CLENPIQ® Colonoscopy Prep Instructions

Patient: _____

Procedure: _____ Procedure Date: _____

Location of Procedure:

Ohio County Hospital

1211 Old Main St, Hartford

Owensboro Surgery Center

1000 Breckenridge St, Suite 100

Owensboro Health Reg. Hospital

1201 Pleasant Valley Rd

Arrival Time:

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy your colon must be clear of any stool. Follow ALL these instructions. If you do not, you risk not having a clear colon and your procedure will have to be rescheduled. **If you have any questions or concerns regarding the directions, please contact the office prior to your procedure.**

NOTE ABOUT PROCEDURE DAY: A responsible family member or friend MUST drive you home from the procedure. You are NOT ALLOWED to drive, take a taxi, bus or car service, or leave after the procedure ALONE. If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and may be canceled. You MUST remain in the endoscopy center until you recover from sedation. The entire process from arrival to discharge may take 3-4 hours.

SHOPPING LIST

- Prescription of 2 bottles of CLENPIQ

- At least 72 ounces total of any combination of clear liquid drinks.
 - water
 - apple juice or white grape juice
 - fat-free broth
 - coffee, tea (without creamer or milk)
 - clear carbonated beverages (like ginger ale or lemon-lime soda)
 - Gatorade® or other sports drinks (not red, orange, or purple)
 - Kool-Aid® or other flavored drinks (not red, orange, or purple)

PREP SCHEDULE

5 days before procedure	<ul style="list-style-type: none">● Pick up your prescription of CLENPIQ● Do NOT take products that contain iron -- such as multivitamins -- (the label lists what is in the products). Other common names for iron are ferrous sulfate, ferrous gluconate, ferrous fumarate, Femiron, or Niferex.● Stop taking fiber supplements like Metamucil®, Citrucel®, and Konsyl®.● Avoid high-fiber foods such as nuts, seeds (flax, sunflower, and quinoa), popcorn, beans, peas, raw salad, celery, and tomatoes.● Avoid wheat germ, granola, cereal with visible grains/fruit.● Avoid bread with seeds or visible grains.● You may eat fruit, but skin and seeds need to be removed before eating.● You may eat low-fiber vegetables (carrots, broccoli, cauliflower, potatoes without skin) but must be cooked.
1 day before procedure	<ul style="list-style-type: none">● Do NOT eat any solid foods.● Do NOT eat or drink any dairy products.● Only drink clear liquids (anything that you can see through) the ENTIRE DAY before your colonoscopy. This includes:<ul style="list-style-type: none">○ Water, apple, or white grape juice; fat-free broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red, orange, or purple); Kool-Aid® or other flavored drinks (not red, orange, or purple).○ You may eat plain Jell-O or other gelatins (not red, orange, or purple) or popsicles (not red, orange, or purple).○ Do NOT drink alcohol on the day before or the day of the procedure.

	IF YOUR PROCEDURE IS BEFORE NOON	IF YOUR PROCEDURE IS AFTER NOON
The night before procedure	<ul style="list-style-type: none"> • 4:00 – 6:00 pm: drink one bottle of CLENPIQ • Over the next five hours, drink at least 40 ounces of a clear liquid such as water, Gatorade (not red, orange, or purple), apple juice, ginger ale, white grape juice. Drink these 40 ounces at your own pace but finish all 40 ounces within five hours after drinking the CLENPIQ. • 10:00 pm – midnight: drink the second bottle of CLENPIQ with 32 ounces of a clear liquid. • NOTHING to eat or drink after midnight. This includes gum, candy, alcohol, coffee, and water. 	<ul style="list-style-type: none"> • 5:00 – 9:00 pm: drink one bottle of CLENPIQ . • Over the next five hours, drink at least 40 ounces of a clear liquid such as water, Gatorade (not red, orange, or purple), apple juice, ginger ale, white grape juice. Drink these 40 ounces at your own pace but finish all 40 ounces within five hours after drinking the CLENPIQ. • NOTHING to eat or drink after midnight. This includes gum, candy, alcohol, coffee, and water.
Morning of the procedure	<p>NOTHING to eat or drink after midnight. This includes gum, candy, alcohol, coffee, and water.</p>	<ul style="list-style-type: none"> • At least 5 hours before your procedure time: Drink the second bottle of CLENPIQ. • Over the next 5 hours, drink 32 ounces of clear liquids.
	<ul style="list-style-type: none"> • Please do not bring any jewelry or other valuable items to the endoscopy room for your procedure. • Bring a list of known allergies, current medications, a list of medical conditions and surgical history. 	

Sedation:

You will receive sedation for your procedure. This helps you relax and feel comfortable during the procedure. When you have sedation, you must follow the instructions listed below or your procedure will be delayed or canceled. You may feel fine after your procedure, but your judgment may be impaired from the sedation medication you receive.

- Arrange to have an adult family member or friend accompany you to your procedure and to other appointments, pick you up from the procedure unit, and drive you home or to your place of lodging.
- The absence of a responsible adult will result in a delay or cancellation of your procedure if plans have not been made for your after-procedure travel.
- Do not drive for the rest of the day. Unaccompanied air travel on the same day as your procedure is not permitted. This is for your safety and the safety of others.

Medications:

If you have Diabetes: If you are insulin dependent, you will take **HALF** of your normal morning dose of insulin the morning of the procedure. For more questions regarding insulin, please contact the provider that manages your diabetes.

If you take blood thinning medications: Blood-thinning medications affect clotting and bleeding. Both the health care provider who manages these medications and the provider doing your procedure will need to decide if your medications need to change. Please make sure that the provider is aware if you are on any of these medications and make sure that you receive directions on when to stop taking these prior to the procedure. Some medications need to be stopped up to 7 days prior to the procedure, so make sure that you have plenty of time to receive these directions. **DO NOT STOP THESE MEDICATIONS WITHOUT INSTRUCTIONS FROM A PROVIDER.**

If you take daily medication(s) outside of the medications listed above, you may do so up until the day prior to the procedure. The morning of your procedure you may take any cardiac (heart), blood pressure medications, and/or seizure medications with a small sip of water.

If you are taking any weight loss medications, like phentermine (Adipex-P), lorcaserin (Belviq), or phendimetrazine (Bontril), please contact your provider for instructions on when to stop these meds.