

## Colonoscopy Split Prep with CLENPIQ Instruction Sheet

Patient Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Your colonoscopy is scheduled for \_\_\_\_\_ (Day), \_\_\_\_\_ (Date) at \_\_\_\_\_ (Time).

\_\_\_\_\_ Arrive at front desk of the Endoscopy Center by \_\_\_\_\_ (Time).

\_\_\_\_\_ Arrive at Evangelical Hospital Surgical Desk Reception (take Elevator A to 2<sup>nd</sup> floor) by \_\_\_\_\_ (Time).

**Please familiarize yourself with instructions on front and back of this instruction sheet after your procedure has been scheduled. Your preparation actually begins 7 days prior to your procedure.**

Call \_\_\_\_\_ @ 570-524-2722 @ extension \_\_\_\_\_ if you have any questions.

Days Before Your Procedure	Do's and Don'ts
<b>7</b>	<b>STOP ALL SUPPLEMENTS, FLAX SEEDS, CHIA SEEDS, ETC. AVOID EATING CORN due to the kernels</b>
<b>5</b>	<i>Discontinue</i> use of all <b>iron</b> products, multi-vitamin and <b>anti-inflammatories</b> (aspirin, Motrin, Ibuprofen, Aleve, Excedrin) <b>unless</b> these are required for a cardiac or vascular condition. Last Dose _____. For symptom management like joint pain or headache, only use Tylenol.
<b>3-5</b>	<b>We will call your Primary Care Provider</b> to determine if and when blood thinners such as Coumadin should be stopped and we will call you with details. Anticipated Last Dose _____.
<b>1</b>	<p>Start Clear Liquids when you awaken or by noon</p> <p>[<i>Diabetics: Do not</i> take any <b>oral diabetic medication</b> and take <math>\frac{1}{2}</math> <i>the normal dose of insulin.</i>]</p> <p><b>Step 1 CLENPIQ</b></p> <p>Drink one bottle of <b>CLENPIQ at 6:00 PM</b>. Drink 40 oz (5 cups) of clear liquids over the next 5 hours using the cup provided. <b>DRINK CLENPIQ RIGHT FROM THE BOTTLE. DO NOT REFRIGERATE = DRINK AT ROOM TEMPERATURE.</b></p> <p><b>Step 2 CLENPIQ:</b> Drink second bottle of <b>CLENPIQ at _____</b>. Drink 24 oz (3 cups) of clear liquids within the next 2 hours using the cup provided. <b>DRINK CLENPIQ RIGHT FROM THE BOTTLE. DO NOT REFRIGERATE = DRINK AT ROOM TEMPERATURE.</b></p> <p><b><u>DO NOT CONSUME ANYTHING BY MOUTH AFTER STEP 2 IS COMPLETE.</u></b></p>

Upon completion of a thorough prepping, your bowel movements should be a clear or yellowish liquid. If they are darker, administer a Fleets enema in advance of your procedure time and call the Gastroenterology of Evangelical for further instructions @ 524-1213.

### Checklist for the Day of Your Procedure

- \_\_\_\_\_ PLEASE TAKE MEDICATIONS for HEART CONDITIONS *and* HIGH BLOOD PRESSURE with a *small sip* of water before you leave home. All other medications, vitamins, or supplements can be taken *after* your procedure unless directed otherwise by your physician.
  
- \_\_\_\_\_ **Diabetics: DO NOT TAKE ANY MEDICATIONS** until after your procedure when you start to eat again
  
- \_\_\_\_\_ Do **not** take anything by mouth after completing your prep prior to your procedure. This includes gum, cough drops, mints, alcohol, and tobacco products (including smoking).
  
- \_\_\_\_\_ You **must** have a driver, as following sedation, you are legally not permitted to drive. If you do not have a driver, your procedure will be cancelled. **Your driver will be REQUIRED TO STAY on the premises** during your procedure. If your driver refuses to stay, the provider may decide to cancel your procedure.
  
- \_\_\_\_\_ If you are prescribed to use a CPAP machine, please bring this along to your procedure.
  
- \_\_\_\_\_ If you need corrective lenses wear glasses and not contacts.
  
- \_\_\_\_\_ If you need to cancel on the day of your procedure, please call **shortly after 6 AM** 570-524-1213 if you are scheduled at the Endoscopy Center. 570-522-2624 if you are scheduled at Evangelical Community Hospital.
  
- \_\_\_\_\_ Bring your photo ID and insurance cards with you. to verify at the time of service.

### Clear Liquid Diet Tips

Any liquid or thawed frozen liquid that you “see through” is considered to be a clear liquid and consumed. Keep in mind drinks like Gatorade or Pedialyte will replenish fluids and electrolytes, preventing dehydration. **Avoid red and even purple** colored liquids since “staining” can appear as inflamed tissue during the procedure.

<b>Coffee/Tea</b>	Natural and artificial sweeteners are acceptable to have with your coffee/tea but <b><u>do not use dairy or non-dairy products.</u></b>
<b>Water</b>	All types including flavored and seltzer are acceptable.
<b>Juices</b>	All “see through” juices – consider drinking white (vs. purple) grape and white (vs. red) cranberry juices. <b><u>Nectars and high pulp juices are not acceptable.</u></b>
<b>Snack Drinks</b>	Sodas including Pepsi and Coca-Cola, Kool-aids, lemonades, and many other drinks are acceptable <b><u>except red, blue and purple snack drinks.</u></b>
<b>Popsicles</b>	Most popsicles, when melted, are frozen clear liquids and are acceptable <b><u>except red, blue and purple. Frozen fruit and creamed fruit bars are not acceptable.</u></b>
<b>Broth</b>	All clear broths are acceptable.
<b>Jello</b>	All Jello products <b><u>except red, blue and purple, and JELLO with fruit.</u></b>