

**Digestive Diseases Specialists**  
**COLONOSCOPY PREP – CLENPIQ PM**

Your procedure is scheduled for \_\_\_\_\_

**Check in time is \_\_\_\_\_ at Pueblo Endoscopy Suites, Ste. 420** (please use waiting room door)

**NOTE:** Due to you receiving sedation **you cannot drive**, have alcohol, or sign legal documents for 24 hours. **YOU WILL BE REQUIRED TO HAVE A FAMILY MEMBER OR FRIEND, 18 YEARS OLD OR OLDER, DRIVE YOU HOME.** YOUR DRIVER MAY NEED TO STAY THE DURATION OF YOUR PROCEDURE AND REMAIN WITH YOU FOR 24 HOURS AFTER. You may continue to take Aspirin, Ibuprofen, Plavix, Pradaxa, and Tylenol. **If you're taking Coumadin, Warfarin, Eliquis or Xeralto please contact our office ASAP at 719-543-3500.**

**PLEASE FOLLOW THE INSTRUCTIONS BELOW COMPLETELY**

TRY A LOW FIBER DIET THREE DAYS PRIOR (see back)

**THE DAY BEFORE** YOUR COLONOSCOPY,

YOU MAY EAT A LIGHT BREAKFAST AND A LIGHT SNACK

**BEGIN A CLEAR LIQUID DIET AT NOON**

**AVOID ALCOHOL, DAIRY, AND ANYTHING RED, ORANGE, OR PURPLE**

\*\*\*Clear liquids consist of beef or chicken broths, clear juices or sodas, coffee (without creamer), tea, Jell-O, popsicles, Gatorade, and of course water. Sugar-free liquids if you are diabetic.

CLENPIQ prep kit is a split dose (2-bottle) regimen. **Both bottles are required** for a complete prep.

- ❖ **5 p.m.:** Take **4 Dulcolax® 5 mg laxative tablets** (available over the counter) with a glass of water. Be sure it is the laxative tablets, **NOT** the stool softeners.
- ❖ **p.m.:** Drink first bottle of CLENPIQ (solution is ready to drink, it does not need to be diluted). Follow the solution with 3-5 cups of a clear liquid over the next hour (there is an 8 ounce cup provided in the kit). You must complete this portion of the prep by 10 p.m.
- ❖ **7 hours prior to check in:** Drink second bottle of CLENPIQ (again, the solution is ready to drink as is). You will need to once again follow this part of the prep with 3-5 cups of a clear liquid over the next hour. This portion of the prep should be completed within 3 hours.

\*\*DO NOT REFRIGERATE solution, this item is to be consumed at room temperature.

\*\*Hydration is important and it is part of the prep. Make sure to hydrate before, during, and after the prep.

Diarrhea usually begins within an hour or two, but may vary. You may want to stay close to a bathroom once you start the prep. **Bloating and/or cramping is expected at the beginning, but should improve once the diarrhea begins. If you experience any nausea and/or vomiting try walking around, this alone usually helps.** However, if the symptoms persist please contact Dr. Vahil at 719-546-2500. For chaffing you may use non-alcohol wipes to cleanse after each bowel movement. Barrier creams, such as A and D ointment may also be used.

**DAY OF PROCEDURE:**

**Do not take any insulin or diabetic medications the day of your procedure.** Further directions can be found on the back of this form. You should take any blood pressure and/or seizure medications **FOUR HOURS** prior to your procedure. If you use oxygen or an inhaler please bring it with you to the procedure.

NO COFFEE OR TEA AFTER MIDNIGHT.

YOU MAY HAVE CLEAR LIQUIDS UP UNTIL 4 HOURS BEFORE YOUR PROCEDURE.

NOTHING BY MOUTH AFTER THAT. **(NO GUM, NO MINTS, NO WATER)**

ANY QUESTIONS OR CONCERNS PLEASE CALL 719-543-3500

## **LOW FIBER DIET 3 DAYS BEFORE COLONOSCOPY (Recommended)**

### **FOODS TO AVOID**

Whole wheat bread, brown or wild rice, cornbread, potatoes, raw or steamed vegetables, raw or dried fruit, all berries, tofu, pickles, olives, popcorn, and anything that contains nuts and/or seeds.

### **Diabetic Instructions**

If your diabetes is unstable, please contact your prescribing physician for instructions in adjusting your insulin or other diabetic medications prior to your procedure. Stable diabetic patients, please follow these instructions:

1. The day before your procedure, do not take any oral diabetic medications.
2. The day before your procedure, take half your Lantus dose; do not use other insulin products.
3. If you use an insulin pump, continue your basal rate; no bolus.
4. Check your blood glucose levels regularly the day before the procedure and call for concerns.
5. Check your blood glucose the morning of the procedure and please report to the admitting nurse, call for concerns.
6. The day of the exam, do not take any insulin or oral diabetic medications.
7. Resume your normal medications when exam is complete and you are eating well.