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**FOR COLONOSCOPIES SCHEDULED @ SOMERSET AMBULATORY SURGICAL CENTER**

1 Highway 206 North, Somerville, NJ 08876, PHONE NUMBER: 908.393.8360

**Pre-register ONLINE at <https://www.sasctr.com>, then click on “Medical Passport”**

## **Clenpiq Bowel Prep**

### **REMINDERS**

***\*Purchase ONLY WHAT IS HIGHLIGHTED AND REVIEW THESE INSTRUCTIONS at least ONE week prior to your procedure to avoid any last-minute confusion. Write down your questions. We will call you one week prior to your appointment to review these instructions and answer any questions you might have.***

***NOT EVERYONE WILL REQUIRE ALL OF THESE MEDICATIONS.***

1. Clenpiq Bowel Prep Kit
2. ONE, 256-gram bottle of MiraLAX. Use 17 grams (or one scoop) in 8 ounces of water for \_\_\_\_\_ days prior to your procedure. Stop using it 2 days prior to your procedure.

***\*NO NUTS, SEEDS, CORN, AND WHOLE GRAINS for ONE WEEK PRIOR TO YOUR PROCEDURE.***

### **Two Day Bowel Prep Instructions:**

**A. 24 hours before your procedure (so if your appt. is 9AM Monday, start at 9AM Sunday):**

1. Go on a CLEAR LIQUID DIET (e.g., Jell-O, clear broth, popsicles, strained juices including apple and white grape)
2. **AVOID** solids, **MILK** or **MILK PRODUCTS** including soy, almond, oat and **RED, BLUE or PURPLE liquids**

**B. EVENING of the DAY BEFORE YOUR PROCEDURE (at 6pm):**

- Drink one bottle of CLENPIQ®.
- Over the next five hours, drink at least 5 cups (8-ounces each) of clear liquid at your own pace.
- You may continue to drink clear liquids until midnight.

**C. MIDNIGHT BEFORE your Procedure:**

1. *Have nothing to eat or drink until after the procedure. This includes water!* (The only exceptions are the 2<sup>nd</sup> dose of your bowel prep to be taken the morning of your procedure, and completed 5 hours prior to your scheduled procedure, and any medications, like blood pressure medications, that you've been told to take with tiny sips of water as instructed by your prescribing physician.)

**D. MORNING OF YOUR PROCEDURE (5 hours before your scheduled procedure, e.g., if procedure is scheduled at 2PM, take the 2<sup>nd</sup> dose at 9AM)**

- Drink second bottle of CLENPIQ, then drink one cup (8-ounces each) of clear liquid, every 15 minutes for at least four cups.

**\*\*\*STOP DRINKING ALL FLUIDS 6 HOURS PRIOR TO YOUR SCHEDULED APPOINTMENT!\*\*\***

### **Important Considerations**

- If you are taking any NSAIDs, Aleve, Ibuprofen, Motrin, Naproxen, Celebrex, iron supplements, fish oil, or Vitamin E, stop taking them 7 days prior to your procedure. You may take Tylenol. If you are taking Coumadin, Aspirin, Plavix, Ticlid, Eliquis, Pradaxa, Xarelto, or Brilinta, please ask your prescribing doctor for instructions regarding stopping these medications.
- If you are diabetic and taking insulin, to avoid dangerously low blood sugars, please inform your prescribing physician about your upcoming procedure, and discuss any necessary insulin dosage adjustments with them.
- If you are taking oral diabetic medications, follow our instructions or your prescriber's instructions.
- If you are unsure about taking any medications, please call our office.
- Do not stop blood pressure or heart medications unless told by us or the prescriber.
- If you have asthma and use inhalers, please inform your prescriber of your upcoming procedure. You may need to maximize inhaler use prior to your procedure to minimize potential complications with anesthesia.
- If you are a smoker, do NOT smoke for at least 6 hours prior to your procedure. **NO MARIJUANA** the day of your procedure!

***\*\*\*NOTE: Failure to take the bowel prep as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.***