Gastroenterology Consultants, PC Clenpiq

(541)779-8367

Gcpcmedford.com

**IMPORTANT FOR YOUR OWN SAFETY**

**INSTRUCTIONS MUST BE FOLLOWED OR YOUR PROCEDURE WILL BE RESCHEDULED!**

**ITEMS YOU WILL NEED:**

* **CLENPIQ** prescription(to be filled at your pharmacy)
* **CLEAR LIQUIDS** (see list on back page)

**5 DAYS PRIOR TO YOUR PROCEDURE STOP THE FOLLOWING:**

* Oil Capsules & Iron Supplements (Ferrous Sulfate)

**HOLD BLOOD THINNING MEDICATION DAYS PRIOR TO YOUR PROCE-DURE**

* After getting approval from prescribing physician discontinue all blood thinning medications (Aggrenox, Arixtra, Coumadin, Effient, Pradaxa, Warfarin, etc.)

**MEDICATIONS YOU ARE REQUIRED TO TAKE**

* Diabetes medication (oral or injection) - take one half the usual dose the day prior to procedure **Omit Diabetes medication day of procedure.**
* Heart, Blood Pressure, Seizure, Asthma medications must be taken 4 hours prior to your scheduled procedure time with a sip (less than 1 oz) of **clear liquid.**

**ONE DAY PRIOR TO YOUR PROCEDURE: Clear liquids only - NO SOLID FOOD**

Around 5pm on the evening before your procedure complete steps 1 through 3

* 1. Drink 1st bottle of Clenpiq (no need to dilute)
  2. Drink 40oz (5 cups) of clear liquids
  3. Finish liquids over the next 5 hours

**ON THE MORNING OF YOUR PROCEDURE:**

5 hours before your procedure complete steps 1 through 3

1. Drink 2nd bottle of Clenpiq (no need to dilute)
2. Drink at least 32oz (4 cups) of clear liquids.
3. Finish liquids 4 hours prior to your procedure

*Can continue drinking approved clear liquids (see list) until 4 hours prior to procedure*

* **NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE**
* **SOMEONE ELSE MUST BE AVAILABLE TO DRIVE YOU HOME**
* **PLEASE NOTIFY OUR OFFICE IF THERE HAS BEEN A CHANGE IN YOUR HEALTH OR MEDICATIONS SINCE SCHEDULING PROCEDURE**

Nothing by mouth after \_\_\_\_\_\_\_\_\_\_ day of exam.

**OVER**

**APPROVED CLEAR LIQUIDS (ALCOHOLIC BEVERAGES ARE DISCOURAGED)**

* Fruit juices without pulp (apple, grape, cranberry, etc.)
* Coffee or Tea (without milk or non-dairy creamer.)
* Jell-O (No **RED** Jell-O)
* Clear broth or bouillon (beef or chicken.)
* Sport Drinks (Gatorade, Powerade, etc.)
* Kool-Aid
* Soft Drinks (all Pepsi & Coke products.)
* Popsicles
* Ensure **CLEAR**
* Water

**How do I know if my prep is working after drinking the second half? Look at your stool!**

* Your prep is working if the output is clear (able to see the bottom of the toilet bowl). The output may be yellow and clear like urine or a light orange and almost clear (no solid pieces).
* The prep may not be adequate and you should contact the office if the output is dark orange and somewhat clear or brown and murky (unable to see the bottom of the toilet bowl).
* Your procedure could be rescheduled or delayed if you are not prepped properly. If you are not sure that your prep is working, please call (541)779-8367.

**Important Prescription Information**

A prescription for Clenpiq has been sent to your pharmacy, please pick it up ASAP as the prescription at the pharmacy will expire and be invalid in about 7 days.

If Clenpiq is not covered by your insurance plan OR you determine that Clenpiq is too expensive, you have the option to do a less expensive alternative prep that has been approved by our physicians.

If you choose not to purchase Clenpiq, you will need to purchase the following items instead.

* **Miralax or generic (510 Gram bottle),**
* **4 (four) -5mg Dulcolax tablets**
* **10oz bottle of Magnesium Citrate.**

For detailed alternative prep instructions, log onto our website **www**.**gcpcmedford.com** and select the “PROCEDURE PREP” tab and choose the **PROCEDURE PREP-Miralax**.