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Colonoscopy Prep Instructions - Clenpiq

(Please also see bowel prep instructions - attached)

**** There will be instructions on the prescription box that you get from the pharmacy, please DO NOT use those instructions. Please use these instructions that we provide to you. ****

7 Days prior to the exam (unless otherwise instructed) stop taking the following:

Ticlid ~ Plavix ~ Aggrenox ~ Effient

5 Days prior to the exam (unless otherwise instructed) stop taking the following:

Coumadin ~ Iron Supplements ~ Metamucil/Other Fiber Supplements ~ Products That Contain Olestra ~ Popcorn, Nuts, & Seeds

2 Days prior to the exam (unless otherwise instructed) stop taking the following:

Pradaxa (Debigatran Etexilate) ~ Xarelto ~ Eliquis

**** If you forget to discontinue any of these medications, please call our office Monday-Friday from the hours of 8:00 a.m.-12:00 p.m., 1:00 p.m.-5:00 p.m or let the nurse know when you arrive for your procedure. It is not necessary to call after normal business hours ****

****If you are diabetic****

- Take ½ of your usual dose of diabetic medication or insulin in the morning on the day prior to the exam (your prep day).
- Do not take your evening dose of diabetic medication or insulin on the day prior to the exam.
- Do not take any diabetic medication or insulin on the morning of your exam.
- If you usually do accucheck readings at home, please do one in the morning prior to coming to your appointment on the day of your exam.

2 Days prior to your procedure: date: _____

- Drink at least eight 8-ounce glasses of water during the day.
- Take a dose of Miralax in the evening to ensure a good prep. It should not give you diarrhea or interfere with your daily activities. *(You can get Miralax from your local drug store or obtain a complimentary packet from our office at 1331 W. Ave. J, Ste. 202, Lancaster, CA 93534).*

The day prior to your procedure: date: _____

- **DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY.** Your preparation will work better if you drink extra fluids all day, so drink fluids starting first thing in the morning. *(Note: if you are on fluid restrictions, please let us know).*
- Drink an 8 ounce glass every hour at minimum *(it is important that you drink plenty of liquids to ensure that the laxative will work and to avoid dehydration).*

Things you may have:

Apple Juice ~ White Grape Juice ~ Clear Broth ~ Boullion ~ Jello ~ Popsicles ~ Water ~ Black Coffee ~ Tea ~ Hi-C ~ Gatorade ~ Lemonade ~ Iced Tea ~ Soda ~ Kool-Aid

Things you may not have:

*Solid Foods ~ Juices With Pulp ~ Alcoholic Beverages ~ Milk ~ Milk Products ~ Caffeine (Limit 3 Per Day)
~ **Items That Are Red Or Purple***

Night before your procedure: date: _____

Start your laxative at 6:00pm – see page 3 for further preparation instructions

Morning of your procedure: date: _____

Take the second dose of laxative 4 hours prior to your arrival time (plus drive time) – see page 3 for further preparation instructions. Even if your stools were clear after laxative dose last evening, you must drink second laxative dose.

Continue to drink clear liquids until _____. **Your stools should be clear or yellow, so that you can see through to the bottom of the toilet following a bowel movement.** If you are having stools that are brown or contain pieces, call our office at 661-529-7550.

***Take medications 2 hours after drinking your last dose of laxative.**

***You may take heart, blood pressure, seizure, anti-rejection, anti-anxiety/depression medication the morning of your procedure. Any medications you feel should not be missed, please call the office to check. When you come in, let the nurse know what medications you have taken that day.**

1. If you use inhalers, please bring them with you.
2. You must have a driver due to sedation you will receive. You will not be able to drive or work until the next day.
3. Wear loose comfortable clothes, you may feel bloated after the procedure.

Date of procedure _____ Arrival Time _____

**** The time that we give you is the ARRIVAL time, your procedure typically starts within 1 1/2 - 2 hours following your arrival ****

**** EXPECT TO BE HERE 3-4 HOURS ****

Procedure Location: 1753 W. Ave. J, Ste. A, Lancaster, CA 93534

Follow up office visit: _____

If you have any questions or concerns, please call our office at 661-529-7550.

Office hours are Monday-Friday from 8:00 a.m.-12:00 p.m., 1:00 p.m.-5:00 p.m. with phones answered 24 hours per day for emergencies.

Please notify your insurance carrier of your upcoming outpatient procedure so you are aware of your benefits.



CLENPIQ™

(sodium picosulfate, magnesium oxide, and anhydrous citric acid) Oral Solution

10 mg/3.5 g/12 g per 160 mL bottle

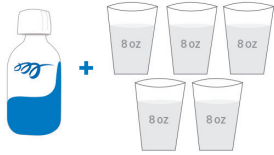
TAKING CLENPIQ

STEPS TO COMPLETE THE PREP

The Split-Dose Regimen

Evening Before

Between 5-9 PM



Drink 40 oz (5 cups) of clear liquids.*
Finish liquids over the next 5 hours.

Morning of

5 hours before procedure



Drink at least 24 oz (3 cups) of clear liquids.
Finish liquids 2 hours before your colonoscopy
or as advised by your doctor.



Hydration is important and it's part of the prep. Make sure to hydrate before you take the prep, while you're taking the prep, and after the prep.

Prep Assistant Use the prep assistant as a guide for completing your prep.

The time of your colonoscopy is _____:_____

Complete your prep and all hydration by _____:_____

ON THE DAY BEFORE THE COLONOSCOPY, stop eating all solid food and dairy, and start hydrating by drinking clear liquids.



Evening before your colonoscopy

Drink one bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink 5 cups (8 oz each) of clear liquid.
Check off the cups below as you go!



Start: _____:_____

Finish: _____:_____

Morning of your colonoscopy

Drink the other bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink at least 3 cups (8 oz each) of clear liquid.
Check off the cups below as you go!



OR MORE

Start: _____:_____

Finish: _____:_____

*After your first dose, if severe bloating, swelling, or stomach pain occurs, delay the second dose until the symptoms resolve.

Please see reverse page for additional information about CLENPIQ, the importance of a clear liquid diet, and hydration.

INDICATION

CLENPIQ is a prescription medicine used by adults to clean the colon before a colonoscopy. CLENPIQ cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

IMPORTANT SAFETY INFORMATION

- Do not take CLENPIQ if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestines (bowel perforation), a very dilated intestine (toxic megacolon), problems with the emptying of food and fluid from your stomach (gastric retention), or an allergy to any of the ingredients in CLENPIQ.
- CLENPIQ and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts (electrolytes) in your blood. These changes can cause abnormal heartbeats that may result in death, seizures (this can happen even if you have never had a seizure), or kidney problems. Your chance of having fluid loss and changes in blood salts with CLENPIQ is higher if you have heart problems, have kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDs).

See additional Important Safety Information on the back.



CLENPIQ™

(sodium picosulfate, magnesium oxide, and anhydrous citric acid) Oral Solution

10 mg/3.5 g/12 g per 160 mL bottle

READY, SET, COMPLETE THE PREP

What is CLENPIQ?

CLENPIQ is a prescription medicine that cleans your colon. CLENPIQ is ready for you to drink right from the bottle. It does not need to be mixed or diluted. Do not refrigerate or freeze CLENPIQ.

What's in the CLENPIQ box?



Two bottles of CLENPIQ (5.4 oz each)



An 8 oz cup for drinking clear liquids



The Patient Medication Guide and the Instructions for Use for your reference

Start Hydrating

On the day before your colonoscopy, start hydrating by consuming only clear liquids and stop eating all solid foods and dairy.

It's important to hydrate before you take the prep, while you're taking the prep, and after the prep. Follow your doctor's instructions completely.

ACCEPTABLE CLEAR LIQUIDS FOR HYDRATING

Water	Ginger ale and other sodas
Black coffee or tea	Clear juices: such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice bar



LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE PULP, MILK, CREAM, SOY OR NON-DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SEE THROUGH.

**Ready? Set? This video may help you prep.
Hydrate along at www.CLENPIQ.com**

IMPORTANT SAFETY INFORMATION (CONTINUED)

- Your healthcare provider may do blood tests after you take CLENPIQ to check your blood for changes. Tell your healthcare provider right away if you have any of these symptoms resulting from a loss of too much body fluid (dehydration): vomiting, nausea, bloating, dizziness, stomach-area (abdomen) cramping, urinating less often than normal, trouble drinking clear liquids, troubles swallowing, seizures, or heart problems.
- CLENPIQ can cause ulcers of the bowel or bowel problems (ischemic colitis). Tell your healthcare provider right away if you have severe stomach-area (abdomen) pain or rectal bleeding.
- The most common side effects of CLENPIQ include nausea, headache, and vomiting. These are not all the possible side effects of CLENPIQ. Ask your doctor or pharmacist for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying full Prescribing Information, including Medications Guide, also available at www.CLENPIQ.com.



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gciav.com

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