

MOUNTAIN VIEW SURGERY CENTER
10408 Industrial Circle · Redlands, CA 92374 · (909) 796-7803

APPOINTMENT DATE AND TIME: _____

Check in **1 HOUR** before your appointment time. Please **DO NOT** arrive before **6:00 AM**.

CLENPIQ INSTRUCTIONS FOR COLONOSCOPY

PLEASE READ THESE INSTRUCTIONS IMMEDIATELY!
FAILURE TO DO SO MAY RESULT IN CANCELLATION OF YOUR PROCEDURE

Have your prescription for CLENPIQ filled at your pharmacy.

Please disregard the instructions on the bowel prep and follow the instructions on this page.

MEDICATIONS:

- You will need to **STOP** blood thinners 5 (five) days before colonoscopy. Please check with your primary doctor before stopping your Coumadin, Plavix, or Clopidogrel.
- If you are diabetic, **DO NOT TAKE** your diabetes medication the morning of your exam, however, please bring it with you as you need to take it after the procedure. Please check blood sugar frequently while on a clear liquid diet. Check your blood sugar prior to coming for the procedure.
- If you are on blood pressure or heart medication, you may take that the morning of your procedure with as little water as possible.
- **PLEASE TAKE ALL** your other regular medications (except those listed above) the day before the procedure.

3 DAYS PRIOR TO YOUR EXAM: *suggestions to patients with poor digestive system*

Begin avoiding nuts, seeds, whole wheat bread, beans, corn, raw vegetables, or fruits with seeds or skin as they may adversely influence the quality of your exam. Discontinue these foods until after your procedure.

1 DAY PRIOR TO YOUR EXAM:

Clear fluids ONLY for BREAKFAST, LUNCH, AND DINNER. *(NOTHING SOLID TO EAT STARTING FROM THE MOMENT YOU WAKE UP THE DAY BEFORE THE PROCEDURE)*

DO NOT have any solid foods, milk, or milk products. **Nothing colored RED, PURPLE. No fruits, vegetables, or frozen concentrated liquids. No Alcoholic Beverages.**

Clear Liquids Include: (If you can see through it, it is a clear liquid)

- Water
- Chicken Broth
- Soft Drinks (Sprite, Coke, Pepsi, Orange Soda, Ginger Ale)

- Strained Fruit Juices (without pulp): Apple, White Grape, Orange, or White Cranberry
- Limeade or Lemonade
- Kool-Aid (NO RED OR PURPLE)
- Gatorade (NO RED OR PURPLE)
- Coffee or Tea (**DO NOT** use any dairy or non-dairy creamer)
- Gelatin desserts without added fruit or topping (NO RED OR PURPLE)

STAY HYDRATED!

1st Dose – BEGIN THE DAY BEFORE YOUR PROCEDURE

1. Take the first dose (1 bottle) of CLENPIQ at 6:00 p.m.
2. Follow CLENPIQ by drinking five or more 8-ounce cups of clear liquids (40 ounces total) within 5 hours.

Please keep in mind, the more liquids you drink, the better your colon prep will be.

2nd Dose – BEGIN 6 HOURS BEFORE YOUR CHECK TIME

1. Take the second dose of CLENPIQ.
2. Following the CLENPIQ dose, drink four or more 8-ounce cups of clear liquids (32 ounces)

YOU MUST NOT CONSUME ANYMORE LIQUIDS WITHIN 4 HOURS OF YOUR SCHEDULED APPOINTMENT. IT IS IMPORTANT THAT YOU DO NOT CHEW GUM, SMOKE, OR HAVE ANY CANDY OF ANY SORT (INCLUDING MINTS). NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE.

Due to the medication given to you for the procedure, you WILL NOT be permitted to drive 12 hours afterward. You must have ONE responsible adult accompany you the day of your procedure. Your driver must CHECK IN with you at the front desk. **NO FOR-HIRE DRIVER (bus, taxi, Uber, Lyft, etc.) UNLESS YOU ARE ACCOMPANIED WITH A RESPONSIBLE ADULT.**

Please bring with you a list of all current medications, your insurance card, and a photo ID.