

# SAN JOSE GASTROENTEROLOGY

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## INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION AM with CLENPIQ SPLIT-PREP

For the best possible examination, please follow the instructions below carefully.

- You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare such as taxi, Uber. The sedative medication makes it unsafe to drive on the day of the procedure. **If you do not have a chaperone to drive you home, the appointment may need to be cancelled.**
- **Plan to take the day off from work.** Do not bring children to your appointment. Leave jewelry and valuable items at home.
- Bring all of your daily medication to the colonoscopy
- Take your heart/blood pressure medication with water on morning of the colonoscopy. If your colon output is not a clear/yellow color, inform the nurse when you arrive for your procedure.

### **\*\*\* ONE WEEK BEFORE THE COLONOSCOPY:**

- **STOP** iron pills, vitamins, herbs, and supplements. **AVOID** seeds and fiber (berries, popcorn, etc)
- **OBTAIN CLENPIQ** from your pharmacy at least one week before the procedure. Store at room temperature. **DO NOT** refrigerate.  
**If this medication is replaced due to formulary/insurance, you MUST inform SJGI to obtain new instruction.**
- **\*\*\*\*\*EVEN WITH ALTERNATE PREP (if plan does not cover CLENPIQ), you MUST FOLLOW SPLIT DOSING.**

### **\*\*\* ONE DAY BEFORE THE COLONOSCOPY:**

- **CONTINUE** to take all diabetes medication regardless of taken time in morning or evening daily.
- **REDUCE** morning and evening doses of long acting insulin by one half.
- You will need to be on a **CLEAR LIQUID DIET (Do not fast)**.

For a full 24 hours prior to the colonoscopy, you must be on a clear liquid diet limited to water and the following:		<b>DO NOT</b> eat solid food <b>DO NOT</b> chew gum <b>DO NOT</b> drink any of the following: <ul style="list-style-type: none"><li>▪ NO red or purple liquid</li><li>▪ NO liquids that you can't see through</li><li>▪ NO alcoholic beverages</li><li>▪ NO milk products</li></ul>
Black coffee (no milk / no cream) Tea (black, green) Gatorade (clear) Popsicle w/o fruit or seed	7-UP Clear broth Apple Juice Jello (No red or purple)	

## EVENING BEFORE - Between 5-9 PM



### { DOSE 1 }

1. Take the first dose (1 bottle) of CLENPIQ during the evening before the colonoscopy.
2. Follow CLENPIQ by drinking five 8 oz cups of clear liquids within 5 hours and before bed.
3. If severe bloating, distention, or abdominal pain occurs following the first dose, delay the second dose until the symptoms resolve.

## MORNING OF - 5 Hours before Procedure



### { DOSE 2 }

1. Take the second dose (the second bottle) of CLENPIQ.
2. Following the CLENPIQ dose, drink at least three 8-ounce cups of clear liquids (24 ounces) at least 2 hours before the colonoscopy.

\* If nausea/vomiting occur, rest for 30 minutes and then resume the preparation as the symptoms improve.

\* Do **NOT** take any diabetes medication before procedure time. This will be resumed after the procedure.

If you have any questions, please contact our office at **408-347-9001**. If you need to reschedule or cancel your appointment, kindly give **3 business days notice**.

*Thank you very much for your cooperation.*