

## COLONOSCOPY PREP – Clenpiq

*Please read the following instructions carefully at least 7 days before your scheduled procedure.*

**It is absolutely necessary that you complete the following instructions, with no changes, unless specified by your physician.**

TIMELINE	What YOU Need to Do	Comments
<b>7 days</b> before procedure	<ul style="list-style-type: none"> <li>▪ <b>Avoid ALL Nuts, seeds, corn, and RAW green vegetables</b></li> <li>▪ Arrange for a responsible adult to drive you to the facility on the day of your procedure</li> <li>▪ <b><u>IF YOU TAKE BLOOD THINNER PRODUCTS:</u></b> Follow the instructions for your blood thinner products as you were directed by your GI physician, cardiologist, or prescribing physician.</li> <li>▪ <b><u>IF YOU TAKE INSULIN PRODUCTS OR ORAL DIABETES PILLS:</u></b> Contact your physician to obtain specific directions for dosages on the day before and day of your procedure.</li> </ul>	<b>You will need a responsible adult to drive you home from the procedure. It is the facilities policy to cancel the procedure if you do not have a ride home.</b>
<b>5 days</b> before procedure (or as soon as it is ordered)	<ul style="list-style-type: none"> <li>▪ Go to the pharmacy and pick up the following:               <ul style="list-style-type: none"> <li>▪ <b>Your prescribed Clenpiq kit</b></li> </ul> </li> </ul>	<b>Do not refrigerate or freeze Clenpiq</b>
<b>1 day</b> before procedure	<p><b>You will be on a CLEAR LIQUID DIET THE ENTIRE DAY</b> (no red, blue, or purple). Clear liquids include:</p> <ul style="list-style-type: none"> <li>▪ Water &amp; Tea</li> <li>▪ Plain coffee, no creamer or milk</li> <li>▪ Clear juices such as apple or white grape juice</li> <li>▪ Lemonade from powdered mix</li> <li>▪ Kool Aid or Crystal Light</li> <li>▪ Clear Soda (7-Up, Sprite, Ginger Ale)</li> <li>▪ Gatorade/PowerAde</li> <li>▪ Fat free broth/ bouillon/ consommé</li> <li>▪ Plain/flavored gelatins (<b>no fruit added</b>)</li> <li>▪ Italian ices, sorbet, popsicles</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>CLEAR LIQUIDS ONLY ALL DAY</b></li> </ul>
<b>1 day</b> before your procedure at <b>6:00PM</b>	<ol style="list-style-type: none"> <li>1. <b>Begin drinking the prep solution.</b></li> <li>2. <b>Drink One bottle of Clenpiq. Do not mix or dilute.</b></li> <li>3. <b>Follow with at least 5 cups (8oz each) of clear liquids.</b></li> <li>4. Continue drinking clear liquids for the rest of the evening</li> </ol>	Stay close to restroom. You may use baby wipes or A&D ointment to alleviate discomfort from your prep results.

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<p style="text-align: center;"><b>DAY OF PROCEDURE:</b> <b>FIVE hours prior before check-in time</b></p> <p>(For example, if you are to check-in at 7:15am, you will need to get up at 2:15am and drink the second bottle of Clenpiq.)</p>	<ul style="list-style-type: none"> <li>▪ You may take your medications as instructed (especially heart and blood pressure) up to 4 hours prior to checking in for your procedure.</li> <li>▪ <b>Follow steps 1-3 above using the 2<sup>nd</sup> bottle of Clenpiq</b></li> <li>▪ Follow specific directions given by your physician regarding insulin, oral diabetic pills, and blood thinners.</li> <li>▪ <b>After that, stop all fluids.</b></li> <li>▪ <b>Nothing by mouth, including gum, mints, and candy starting 4 hours prior to your procedure until after your procedure is complete.</b></li> </ul>	<p><b>DO NOT take any medications <u>after</u> completing your 2<sup>nd</sup> dose of prep.</b></p> <p>Your bowel movements will turn watery and -toward the end of the prep-will appear yellow or clear. If the bowel movement is NOT YELLOW OR CLEAR, notify the pre-op nurse when you arrive at the facility.</p>
<p style="text-align: center;"><b>Appointment time</b></p>	<ul style="list-style-type: none"> <li>▪ Arrive at your appointment check-in time with your responsible adult driver (see page 1).</li> </ul>	<p><b>For your safety, your procedure will be cancelled if you do not have a ride home arranged.</b></p>

### Endoscopy Facilities

**Harmony Surgery Center**

2127 E Harmony Road  
 Suite 200  
 Fort Collins, CO 80528  
 Phone: (970) 297-6300

**Greeley Endoscopy Center**

8227 W. 20<sup>th</sup> Street  
 Greeley, CO 80634  
 Phone: (970) 573-7555

**Skyline Endoscopy Center**

2555 E 13<sup>th</sup> Street  
 Suite 210  
 Loveland, CO 80537  
 Phone: (970) 663-2159

**Poudre Valley Hospital**

1024 S Lemay Ave  
 Fort Collins, CO 80524  
 Phone: (970) 495-7000

**Medical Center of the Rockies**

2500 Rocky Mountain Ave  
 Loveland, CO 80538  
 Phone: (970) 624-2500

**Greeley Hospital**

6767 W 29<sup>th</sup> Street  
 Greeley, CO 80634  
 Phone: (970) 652-2000

**McKee Medical Center**

2000 N Boise Ave  
 Loveland, CO 80538  
 Phone: (970) 820-4640

**Estes Park Medical Center**

555 Prospect Ave  
 Estes Park, CO 80517  
 Phone: (970) 586-2317