

## CLENPIQ Instructions for Colonoscopy

2 days before the procedure drink 1 bottle of Magnesium Citrate at 7:00 PM.

• The day before the procedure, you may have only clear liquids. NO SOLID FOODS (See enclosed Clear Liquid Diet Instructions). You will take bowel prep in the evening.

• First dose of the prep is at 6:00 PM. Drink one bottle of Clenpiq followed by 5 - 8-ounce cups of clear liquids. Continue clear liquid diet.

• Take the second dose of the prep at 10:00 PM. Drink the other bottle of Clenpiq followed by 4 - 8-ounce cups of clear liquids. Continue clear liquid diet until midnight. Then nothing by mouth until after your procedure.

• If you experience vomiting, stop drinking the prep for 20-30 minutes then restart and finish the remainder of the prep. If you are unable to finish the remainder of the bowel prep due to vomiting please call to office.

• On the day of the procedure, do not eat/drink anything before the procedure.

Please take any blood pressure, thyroid or seizure medications with just enough water to swallow them.

\*Stop all supplements including fish oil, iron, multi-vitamins, etc. 4 days before the procedure. \*

\*\*Do not take diabetic medication the morning of your procedure\*\*

### \*Appointment Information\*

**Please arrive 30 minutes early**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**If you cannot keep your appointment, please call to cancel this one and you may arrange another appointment at that time. Questions? (210) 509-8888**

### Procedure Locations:

- Theda Oaks Surgery Center #103: 19226 Stone Hue, San Antonio TX 78258 (210-268-0100)
- Stone Oak Methodist Hospital (admitting): 1139 E. Sonterra Blvd, San Antonio TX 78258 (210-638-2000)
- North Central Baptist Hospital (admitting): 520 Madison Oak, San Antonio TX 78258 (210-297-4000)
- Christus Santa Rosa Hospital Westover Hills: 11212 State Hwy. 151 San Antonio TX 78251

# How to Prepare for Your Colonoscopy

On the day *before* your procedure...

- You will be on **clear liquids ONLY**; **NO SOLID FOOD** should be consumed the day before or the morning of your colonoscopy.
- **DO NOT** eat or drink anything that is **RED** or **PURPLE** or any **DAIRY PRODUCTS**

Any of the following items are ok to consume/have.



Water



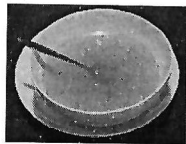
Gatorade, Powerade, Pedialyte, Sodas, non- carbonated soft drinks like kool-aid. **(No red or purple drinks)**



Strained fruit juices (**without pulp**), lemonade, limeade, apple juice, orange juice, white grape juice, or white cranberry juice



Coffee and tea with or without sweetener/sugar. **NO Creamer or Half & Half**



clear broth or bouillon



Jello or Gelatin without fruit or toppings (**NOTHING Red or Purple**)



Popsicles (No red or purple and No Ice cream center)

## Medications to Avoid Prior to Procedure

Please **STOP** the following medications **2 to 3 days** prior to your procedure date:

- Advil
- Aleve
- Alka Seltzer
- Anaprox
- Ansaid
- Arthrotec
- **Aspirin**
- **Brilinta**
- Chondroitin
- Clinoril
- Daypro
- Diclofenac
- Ecotrin
- **Eliquis**
- Etodolac
- Feldene
- Ginko Biloba
- Glucosamine
- Ibuprofen
- Indomethacin
- Ketorolac
- Lodine
- Meloxicam
- Mobic
- Motrin
- Nabumetone
- Naprosyn
- Naproxen
- Peroxicam
- **Pradox**
- Relafen
- Salsalate
- Sulindac
- Toradol
- Trental
- Trillsate
- Voltaren
- **Xarelto**

Please **STOP** the following medications **5 days** prior to your procedure date:

- Warfarin

Please **STOP** the following medications **7 days** prior to your procedure date:

- Plavix
- Effient

# THEDA OAKS ENDOSCOPY CENTER GUIDELINES

210-268-0100 ext 0

- **Things to Remember:**
  - Opt in to CaseTabs to receive information from Surgery Center
  - For Colonoscopies:
    - Clear Liquids diet the day before the procedure.
      - The more fluids you drink the cleaner you will be for the procedure.
    - Notify your provider if bowel movements are not clear after bowel prep
- **Things to Avoid:**
  - No Recreational drugs, including marijuana, for at least 24 hours prior to procedure
  - For Colonoscopies
    - Nothing at all to drink **at least 2 hours prior to arrival time** (includes gum, hard candy, or sips of water)
  - For Endoscopies:
    - Nothing to eat or drink **after midnight the day of the procedure** (includes gum, hard candy, or sips of water)
- **Medications:**
  - Ok to take Blood Pressure, antiarrhythmic, thyroid, or seizure medication on day of procedure with sip of water at least 2 hours prior to arrival time.
  - Please do not take any diabetic medication the day of the procedure.
  - If you are taking any blood thinning medication:
    - Please contact provider's office for further instructions.
    - Contact office to see Cardiac Clearance is needed.
- **Items to bring with you:**
  - Please bring a list of medications including dosage and frequency
    - i.e Lisinopril 20mg daily
  - Insurance Card
  - Picture ID / ID Card
  - Method of Payment (in case of co-pay)
  - Warm socks
- **You will need a driver** - Patients who received anesthesia are only allowed to leave the facility in the company of a responsible adult.
- **Covid Precautions:**
  - When to reschedule:
    - If you or anyone you have had contact with has had Covid within 14 days
    - If you or anyone you have had contact with is pending the results of a Covid test
    - If you or anyone you have had contact with has had any symptoms of Covid
      - i.e. - Fever (100\* F), Cough, Muscle aches, Loss of taste / smell ect.
  - Day of Procedure:
    - We ask that you please wear a mask to the facility
    - Your temperature and Oxygen Saturation will be taken by Front Desk Staff
    - Only the patient will be allowed to wait in the waiting room
      - We ask that the driver either stay in the car or provide a number to be reached at when the patient arrives in Recovery