



# Colonoscopy with Clenpiq

820 Bestgate Road Suite 1A  
 Annapolis, Maryland 21401  
 410-224-2116



### Your Procedure:

You are scheduled for a colonoscopy. The doctor will examine the lining of your large intestine with a colonoscope. If polyps or other abnormalities are found during the procedure, the doctor will remove the abnormal tissue for further evaluation.

Patient Name: \_\_\_\_\_  
 Date of Procedure: \_\_\_\_\_  
 Arrival Time: \_\_\_\_\_  
 Procedure Time: \_\_\_\_\_

- Place:  Maryland Center for Digestive Health  
 Bestgate Medical Clinic  
 820 Bestgate Road, Suite 1A  
 Annapolis, Maryland 21401  
 AAMC (Anne Arundel Medical Center)

### YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY

1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Have your prescriptions filled today.</p> <p>Follow these instructions, not the box instructions.</p> <p>If you take dietary, herbal or fiber supplements or medications containing iron, including multi-vitamins with iron, <b>discontinue these 7 days</b> before your appointment.</p> <p><u>If you are taking blood thinners including Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Effient (Prasugrel) and Eliquis (Apixaban), you will need an office visit prior to your procedure.</u></p> <p>You may <u>continue</u> your "baby" aspirin and regular aspirin if you were prescribed them for a cardiovascular condition.</p>	<p><b>Begin low fiber diet.</b></p> <p>Stop consuming all high-fiber foods. This includes food with seeds and nuts.</p> <p>If you are taking <u>Plavix (Clopidogrel) stop taking it today.</u></p> <p>If you are taking ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications, <b>stop taking them today.</b> Tylenol and Celebrex are okay to use.</p>	<p>Continue low fiber diet.</p> <p>Drink at least four 8oz glasses of water throughout the day.</p> <div style="text-align: center;">  </div> <p><b>No solid foods after midnight!</b></p>	<p>Continue clear liquid diet. <b>No solid foods today. Red, purple or orange colored liquids are not allowed. You may have small amounts of coffee or tea without cream.</b></p> <p>Drink at least four 8oz glasses of water throughout the day.</p> <div style="text-align: center;">  </div> <p>6pm: Drink CLENPIQ right from the bottle. Follow up with at least 5 cups (8oz each) of water.</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</p>	<p><b>5 hours prior to procedure:</b> Drink CLENPIQ right from bottle. Follow up with at least 3 cups (8oz each) of water.</p> <p><b><u>NOTHING by mouth at least 4 hours prior to your scheduled procedure time – including gum, tobacco, hard candy/mints!</u></b></p> <p>You may take your essential morning medications with a few small sips of water, <b>at least 4 hours prior to your procedure</b>, unless otherwise directed by your physician.</p> <p><b>You will need:</b></p> <ul style="list-style-type: none"> <li>-Insurance Cards</li> <li>-Driver's License/Photo ID</li> <li>-Any co-insurance fees due</li> <li>-A responsible adult driver to drive you home</li> <li>- Referral if required by insurance company</li> </ul>

You will receive your procedure results via the portal. Visit [www.aagastro.com](http://www.aagastro.com) to sign up today.

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