

Colonoscopy Preparation Instructions

CLENPIQ (PM PROCEDURE)

****Please pick up prep at your pharmacy within a week from being seen in the office****

1. THREE DAYS PRIOR TO YOUR PROCEDURE

- Please start a low residue/low fiber diet.
 - o Acceptable low residue/low fiber diet include:
 - Meat
 - Bacon
 - Fish
 - Chicken
 - Cheese
 - Eggs
 - Milk
 - Yogurt
 - Oatmeal
 - Cream of wheat
 - Pancakes
 - Waffles
 - Cake
 - Saltine Crackers
 - White bread
 - Pasta
 - Rice
 - Potato
 - Squash
 - Avocado
 - Canned fruit
 - Olive oil
 - Butter
 - Chocolate

2. THE DAY BEFORE YOUR PROCEDURE

- Up until **2pm**, you may continue your low residue/low fiber diet
- **After 2pm, you may only have clear liquids (this includes the bowel prep)!**
 - o Acceptable clear liquids include:
 - Beef or chicken broth
 - Jell-O or popsicles (**NO RED, PURPLE OR ORANGE**)
 - Sprite
 - 7-UP
 - Ginger Ale
 - Apple juice
 - Water
 - Tea or coffee (**PLAIN, NO CREAM OR SUGAR**)

3. Please refer to page 3 for laxative instructions.

****Also, you may not have ANYTHING within 3 hours of your appointment time. ****

Your procedure may be cancelled if you do so.

- 4. Arrange to take the day off of work since anesthesia will be administered. You **MUST** have a responsible adult driver present at the time of arrival and during your recovery. We cannot start the procedure without your driver present in the building. You will NOT be able to drive yourself home after the procedure. **Uber, Lyft, Taxi, bus or other forms of “public transportation” are NOT acceptable means of returning home after the procedure.** If you do not have an acceptable mode of transportation home after the procedure, your appointment will be cancelled and rescheduled to a different date.
- 5. All body piercings **MUST BE REMOVED** prior to arrival.
- 6. **MEDICATION MODIFICATIONS**
 - **Stop** Aspirin and Coumadin 5 days prior to the procedure
 - **Stop** Pradaxa, Xarelto and Eliquis 2 days prior to the procedure
 - **Stop** Plavix 7 days prior to the procedure

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- **Stop** any anti-inflammatory medication 1 day prior to the procedure (including ibuprofen)
- **Stop** any arthritis medication 1 day prior to the procedure
- **DO NOT TAKE** insulin or any other oral diabetic medications the morning of the procedure. Be sure to check your blood sugar 4 hours prior to your appointment time. If your blood sugar is low, drink a glass of apple juice
- Please take ½ dose Lantus the night before the procedure (*if you are prescribed this*)
- **Continue to take any other prescription medications that are not listed above. They must be taken no later than 3 hours prior to your appointment time.**

****IF YOU ARE NOT SURE IF YOUR MEDICATIONS FALLS UNDER ANY OF THESE CATEGORIES, PLEASE CONTACT YOUR PHARMACY FOR FURTHER ASSISTANCE. ****

Your exam is scheduled on _____ at _____ am / pm

At _____. Please arrive no later than _____ am / pm

-Please arrive no later than your arrival time to your appointment time

YOUR PROCEDURE MAY BE CANCELLED AND RESCHEDULED IF YOU ARE LATE!

*******PLEASE BE FLEXIBLE. YOUR PROCEDURE TIME MAY VARY DEPENDING ON NUMEROUS FACTORS (cancellations, procedural delays, etc) *******

Important: It is important that you contact your insurance company **5 DAYS PRIOR** to your procedure date. You may have a co-payment the day of your procedure and are responsible to verify with your insurance in advance. Patients calling to cancel less than 2 business days due to a high co-payment may be subject to a \$150.00 cancellation fee.



CLENPIQ™

(sodium picosulfate, magnesium oxide, and anhydrous citric acid) Oral Solution

10 mg/3.5 g/12 g per 160 mL bottle

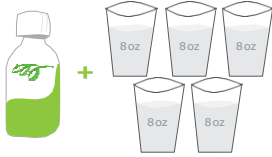
TAKING CLENPIQ

STEPS TO COMPLETE THE PREP

The Split-Dose Regimen

Morning of

4 AM



Drink 40 oz (5 cups) of clear liquids.*
Finish liquids over the next 5 hours.

Morning of

5 hours before procedure



Drink at least 24 oz (3 cups) of clear liquids.
Finish liquids 2 hours before your colonoscopy
or as advised by your doctor.



Hydration is important and it's part of the prep. Make sure to hydrate before you take the prep, while you're taking the prep, and after the prep.

Prep Assistant Use the prep assistant as a guide for completing your prep.

The time of your colonoscopy is _____ : _____

Complete your prep and all hydration by _____ : _____

ON THE DAY BEFORE THE COLONOSCOPY, AFTER 2 PM, stop eating all solid food and dairy, and start hydrating by drinking clear liquids.



Morning of your colonoscopy

Drink one bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink 5 cups (8 oz each) of clear liquid.
Check off the cups below as you go!



Start: _____ : _____

Finish: _____ : _____

Morning of your colonoscopy

Drink the other bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink at least 3 cups (8 oz each) of clear liquid.
Check off the cups below as you go!



OR MORE

Start: _____ : _____

Finish: _____ : _____

*After your first dose, if severe bloating, swelling, or stomach pain occurs, delay the second dose until the symptoms resolve.

Please see reverse page for additional information about CLENPIQ, the importance of a clear liquid diet, and hydration.

INDICATION

CLENPIQ is a prescription medicine used by adults to clean the colon before a colonoscopy. CLENPIQ cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

IMPORTANT SAFETY INFORMATION

- Do not take CLENPIQ if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestines (bowel perforation), a very dilated intestine (toxic megacolon), problems with the emptying of food and fluid from your stomach (gastric retention), or an allergy to any of the ingredients in CLENPIQ.
- CLENPIQ and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts (electrolytes) in your blood. These changes can cause abnormal heartbeats that may result in death, seizures (this can happen even if you have never had a seizure), or kidney problems. Your chance of having fluid loss and changes in blood salts with CLENPIQ is higher if you have heart problems, have kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDS).

See additional Important Safety Information on the back.



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READY, SET, COMPLETE THE PREP

What is CLENPIQ?

CLENPIQ is a prescription medicine that cleans your colon. CLENPIQ is ready for you to drink right from the bottle. It does not need to be mixed or diluted. Do not refrigerate or freeze CLENPIQ.

What's in the CLENPIQ box?



Two bottles of CLENPIQ (5.4 oz each)



An 8 oz cup for drinking clear liquids



The Patient Medication Guide and the Instructions for Use for your reference

Start Hydrating

On the day before your colonoscopy, start hydrating by consuming only clear liquids and stop eating all solid foods and dairy.

It's important to hydrate before you take the prep, while you're taking the prep, and after the prep. *Follow your doctor's instructions completely.*

ACCEPTABLE CLEAR LIQUIDS FOR HYDRATING

| | |
|-------------------------|--|
| Water | Ginger ale and other sodas |
| Black coffee or tea | Clear juices: such as apple or white grape juice |
| Clear broth or bouillon | Plain Jell-O |
| Sports drink | Frozen juice bar |



LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE PULP, MILK, CREAM, SOY OR NON-DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SEE THROUGH.

**Ready? Set? This video may help you prep.
Hydrate along at www.CLENPIQ.com**

IMPORTANT SAFETY INFORMATION (CONTINUED)

- Your healthcare provider may do blood tests after you take CLENPIQ to check your blood for changes. Tell your healthcare provider right away if you have any of these symptoms resulting from a loss of too much body fluid (dehydration): vomiting, nausea, bloating, dizziness, stomach-area (abdomen) cramping, urinating less often than normal, trouble drinking clear liquids, troubles swallowing, seizures, or heart problems.
- CLENPIQ can cause ulcers of the bowel or bowel problems (ischemic colitis). Tell your healthcare provider right away if you have severe stomach-area (abdomen) pain or rectal bleeding.
- The most common side effects of CLENPIQ include nausea, headache, and vomiting. These are not all the possible side effects of CLENPIQ. Ask your doctor or pharmacist for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying full Prescribing Information, including Medications Guide, also available at www.CLENPIQ.com.