

Reno Endoscopy Center

880 Ryland Street
Reno, NV 89502
(775) 329-4600

South Meadows Endoscopy Center

10619 Professional Circle
Reno, NV 89521
(775) 329-4600

For Scheduling Changes, please call:

Reno (775)329-4600

South Meadows (775) 852-4848

Patient Name: _____

Appointment Date: _____

Check-in Time: _____

Appointment Time: _____

Location:

- Reno Endoscopy Center
- South Meadows Endoscopy Center

CLENPIQ Split Dose Administration

Please read the following instructions carefully at least one week prior to your exam. The most important part of a successful colonoscopy is the preparation. Adequate cleansing of the colon prior to the examination is crucial for good results. If you need further information about your procedure. Please call our procedure facility prior to your exam so we may take care of any concerns well ahead of time.

Medication and Diet Instruction

7 days before procedure

- **If you are taking any weight loss OR diabetic medications - GLP1(Glucagon-Like Peptide-1): Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyzin, Ozempic, Wegovy, Rybelsus**
 - If GLP1 dose is **daily**, **DO NOT** take on day of procedure.
 - If GLP1 dose is **weekly**, **DO NOT** if procedure is within **7 days**.
 - **Phentermine** should **NOT** be taken for **7 days** prior to the procedure.

5 days before procedure

- Stop eating any food that contains the fat-free substitute OLESTRA; which is usually found in fat-free potato chips or fat free margarine.
- Do not take any supplements containing fish oil.
- Do not take oral iron.
- Purchase your bowel preparation from the drug store or pharmacy.

2 days before the procedure

- Do not eat any beans, corn, tomatoes, cucumbers, nuts, or foods containing seeds such as poppy, sesame, or sunflower. The fiber from these foods can clog the colonoscope.
- If you tend to be constipated, take an ounce of Milk of Magnesia on this day so that you will not be as constipated when you take the preparation solution tomorrow.

Special considerations

Please contact our office immediately if you have any of the following medical conditions and have not discussed them with us.

- **You take ANY medication that prevents you blood from clotting, ie. Coumadin (warfarin, Jantoven), Plavix, Pradaxa, or Effient.**
- **History of excessive bleeding during previous surgery or dental extraction.**
- **You have an artificial heart valve.**
- **You have diabetes.**
- **You have a history of kidney (dialysis) disease.**

Diet Instructions

The day before the procedure

- **Begin a clear liquid diet starting with breakfast and drink only clear liquids all day.**
- ***Solid foods, coffee, milk, and milk products are NOT allowed.***
- ***Avoid any product (including Jell-OJ that is colored red, purple or green, these could interfere with your test.***

Clear Liquids Include:

- Water
- Clear fruit juices, pulp free (apple, white grape juice, white cranberry juice)
- Gatorade (avoid red, purple, and green color)
- Clear broth or bouillon
- Jell-O (avoid red, purple, and green color) - without added fruit or toppings.
- Lifesavers (avoid red, purple, and green color)
- Popsicles (avoid red, purple, and green color)
- Tea
- Clear Soft Drinks

Take all your normal prescription medications unless advised otherwise.

Avoid Alcohol

It is very important to drink plenty of water and other clear liquids throughout the day in order to avoid dehydration and to flush the bowel.

Taking the Prep

You must complete the entire prep to ensure the most effective cleansing. The solution may be refrigerated prior to consumption.

The day before the procedure

Starting at 5 pm, the day before the procedure.

Consume the first dose (1 bottle) of CLENPIQ followed by drinking five 8-ounce cups (cup provided) of clear liquids (40 ounces total) within 5 hours. Feelings of bloating, nausea or chills may occur after the first dose. This is temporary and should disappear once bowel movements begin. If vomiting persists, stop the preparation, and call our office or the physician on call for further instructions. Individual responses to laxatives vary. **This preparation will cause multiple bowel movements, so stay close to a restroom.**

The morning of your procedure

Remember no solid food, clear liquids only!

7 hours before your procedure time (not your check-in time), **consume the second bottle of CLENPIQ, followed by three 8-ounce cups of clear liquids (24 ounces) within 3 hours of consuming the second CLENPIQ bottle.**

4 hours before your procedure time - DO NOT DRINK ANY MORE FLUIDS

Nothing more to drink until after your procedure

ADDITIONAL INFORMATION FOR THE DAY OF THE PROCEDURE

- Do not eat any solid foods.
- You may have small quantities of clear liquids up to **4** hours prior to your procedure.
- Take your usual morning medications, especially those for blood pressure. If you are diabetic wait until after the procedure to take your usual dose of insulin or oral medication, after you have eaten a meal.
- Do not take any GLP-1 Medications for weight loss or diabetes.

General Information

Please comply with the following instruction listed below:

1. Bring all completed forms from your packet.
2. Bring in your insurance card(s) and photo ID such as a driver's license so that we may assist you in billing for our services.
 - **All co-pays and deductibles are due at the time of service. Please be prepared to pay these fees on the day of your procedure.**
3. Leave all jewelry and personal valuables at home. Be sure to bring any reading glasses and/or hearing aids to your procedure. **Bring your inhaler if you use them.**
4. **YOU WILL NEED A RESPONSIBLE DRIVER TO TAKE YOU HOME.** Due to the sedation given for your procedure, you will be unable to drive for the remainder of the day. If you choose to take a taxi or other ride share options, you **MUST** be accompanied by a responsible adult.
5. **Contact information:** if you are coming from out of town or staying at a place other than your main residence, please call our office and leave a number where you will be staying in case we need to contact you.
6. **Procedure Preparation for Colonoscopy:**
 - **Please take the prescription that is attached to your preparation instructions to your pharmacy to be filled.**
 - **Do not follow the instructions on the preparation box, only follow our instructions provided by our office.**
 - If you have questions regarding your colonoscopy or your prep, please refer to the FAQ's sheet also included in this folder.
 - Please refer to our website at www.giconsultants.com for additional information on screening colonoscopies.

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"Allergic reactions to the constituents of the bowel cleansing solution are rare. If you think you are having an adverse reaction, please contact us immediately or go to the nearest ER."