

CLENPIQ
VALLEYCARE GASTROENTEROLOGY MEDICAL GROUP, INC.
Phillip Wolfe, MD Perrin Royea, PA-C

You are scheduled to have a colonoscopy on: _____

Located at: Hacienda Surgery Center You must arrive at _____ A.M.
4626 Willow Rd, Suite 100, Pleasanton, CA 925-734-6744

THE DAY BEFORE YOUR COLONOSCOPY ~

Please follow the instructions below from our office to prepare you for your procedure:

1. Start your clear liquid diet the **whole day before** your procedure. **NO DAIRY PRODUCTS.**

CLEAR LIQUID DIET: Water (stay hydrated) Tea or Coffee (without creamer) Clear juices without pulp
Fruit-flavored drinks (Kool-Aide, Crystal-Light, etc) Carbonated beverages/Soda
Sports drinks (Gatorade, All-Sport, PowerAde, etc) Broth/Bouillion/Consommé
Plain/flavored gelatins (Jell-O) Fruit Ices/Italian Ices Popsicles (without fruit/fiber)

SAMPLE MENU: Breakfast: cup of broth, fruit juice, bowl of Jell-O, coffee or tea without creamer, water
Lunch: tea or coffee, cup of broth, cup of fruit ice, fruit juice, water
Snack: Popsicle, soda, Jell-O, water
Dinner: Similar to lunch or breakfast, water

STAY HYDRATED STAY HYDRATED STAY HYDRATED STAY HYDRATED

2. **Prep instructions for Clenpiq. Follow the instructions below:** You must FINISH the entire solution. If your entire colon is not well cleaned, the colonoscopy may need to be repeated.

STEP 1. The night before your procedure... At 6:00 pm:

Take one of the (5.4 oz.) bottles and drink the full contents. Then follow with five (5) 8-oz glasses of water or any clear liquid over the next 3 hours.

STEP 2. The morning of your procedure... At _____ am:

Take the second bottle (5.4 oz.) and drink the full contents. Then follow by three (3) 8-oz glasses of water or any clear liquid over the next 2 hours.

3. If you are taking Aspirin, Coumadin, Plavix or any other blood thinning medications please discuss this with the gastroenterologist you are seeing in our office. All other medication should be taken as directed the morning of the procedure with very little water.
4. You will be receiving intravenous sedation or anesthesia for the Colonoscopy. **YOU WILL NOT BE ABLE TO DRIVE THAT DAY.** You must arrange for a responsible adult to take you home later that day.
5. Plan to be at the Out-Patient Surgery Center a total of 2-3 hours.
If you have any questions, please do not hesitate to call our office at 925-460-8167. www.valleycaregastro.com