



Houston Regional Gastroenterology

DR. DWAIRY, M.D / DR. PATEL, M.D / DR. KAUR, D.O

MEDICAL ASSISTANTS: 832-707-5011

Colonoscopy Reminder: Date of Procedure

FORT BEND SURGICAL CENTER 14851 SOUTHWEST FWY SUGAR LAND, TX 77478 281-313-7300	MEMORIAL HERMANN FC 16906 SOUTHWEST FWY SUGAR LAND, TX 77479 281-243-1000	SUGAR LAND SURGERY CENTER 15300 SOUTHWEST FWY #100 SUGAR LAND, TX 77478 281-274-6670	METHODIST HOSPITAL SL 16655 SOUTHWEST FWY SUGAR LAND, TX 77479 281-274-7000
METHODIST HOSPITAL KATY 18500 KATY FWY HOUSTON TX, 77094 (832) 522-1000	HUMBLE KINGWOOD ENDO 19502 MCKAY BLVD # 101 HUMBLE, TX 77338 281-312-6900	MEMORIAL HERMANN KATY 21720 KINGSLAND BLVD KATY, TX 77450 281-492-1234	

**** THE FACILITY WILL CONTACT YOU 1 BUSINESS DAY PRIOR TO YOUR PROCEDURE WITH YOUR ARRIVAL TIME ****

DAY BEFORE PROCEDURE: Start CLEAR LIQUID DIET: Ex: Tea, Broth, Coffee/ NO CREAMERS, Juice/ NO PULP, Jell-O, etc. NO RED OR PURPLE LIQUIDS SHOULD BE CONSUMED!

DO NOT EAT OR DRINK ANYTHING THE MORNING OF YOUR PROCEDURE! No chewing gum or mints. You may take your regular medications, with a small amount of water (NO BLOOD THINNERS OR NSAIDs) You will be sedated so YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE YOU HOME.

CLENPIQ INSTRUCTIONS

A clean colon is critical for colon cancer detection. Colon cancer screening involves two steps. The first step is a colon cleansing, which is critical for the second step, complete examination of the entire colon. You MUST buy Dulcolax (10) & Gas-X (4) tablets over the counter FIVE DAYS BEFORE: Stop taking iron tablets/No Aspirin, NSAIDs (Ibuprofen, Advil, Aleve, etc.) or blood thinners (Lovenox, Heparin, Coumadin, Plavix, etc.)

DAY BEFORE:

8am to 11am: Begin clear liquid diet.

12pm: Drink two large glasses of clear liquids and take two tablets of Dulcolax.

3pm: Take two tablets of Dulcolax.

5pm: Drink First Dose: Drink all the liquid in the container. You must drink 40 ounces of clear liquids (*over the next five hours/clear liquids of your choice ((NO RED OR PURPLE))*). This step is necessary to ensure you are well hydrated, in addition to aiding in colonoscopy preparation.

6pm: Take two tablets of Dulcolax and chew 2 Gas-X tablets.

9pm: Take two tablets of Dulcolax.

10pm: Drink Second Dose: Drink all of the liquid in the container. You must drink three-8-ounce cup (cup provided) of clear liquids over the next 2 hours.

11:30pm: Take two tablets of Dulcolax and chew 2 Gas-X tablets.

Pathology can take up to 10 business days. Which will then be discussed on your follow up visit two weeks after your procedure day. Please remember to call 832-707-5011 to make your appointment if you have not already done so.



CLENPIQ™

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

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

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.

The Patient Medication Guide and Instructions for Use are also available 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 Medication Guide, also available at www.CLENPIQ.com.