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## **BOWEL PREPARATION FOR COLONOSCOPY WITH CLENPIQ**

You have an appointment for colonoscopy on \_\_\_\_\_ at \_\_\_\_\_

### **A. During the week before your appointment:**

1. You should **STOP** taking any blood thinners 3 to 5 days prior to your procedure if your Primary doctor or Cardiologist agrees. Examples of prescription blood thinners are **PLAVIX (CLOPIDOGREL), COUMADIN (WARFARIN), XARELTO (RIVAROXABAN), PRADAXA (DABIGATRAN), LOVENOX (ENOXAPARIN), EFFIENT (PRASUGREL), TICLID (TICLOPIDINE), ELIQUIS (APIXABAN) and AGRYLIN (ANAGRELIDE)**.
2. Over the counter medications that should be **STOPPED** include **ASPIRIN** and **NSAIDs (ADVIL/IBUPROFEN, MOTRIN, ALEVE, and ECOTRIN)**. If your cardiologist prefers to continue aspirin, please call our office.
3. You should omit all iron preparations and indigestible seeds and fiber such as corn, all-bran, nuts, popcorn, and poppy seeds for 3 days prior to the colonoscopy.
4. If you have diabetes, contact your primary physician or Endocrinologist for instructions on management of your diabetes medications and diet.

### **B. On the day before your appointment:**

You may have a **LIGHT** breakfast the morning prior to the procedure. Thereafter, you must drink clear liquids. Please refer to the supplemental handout for a description of clear liquids. Continue to drink liquids throughout the entire day.

#### **ONE-DAY "FULL DOSE" METHOD**

1. At 3:00pm- Take first dose (1 bottle) of CLENPIQ the day before the procedure followed with **FIVE 8-ounce** cups of any clear liquids (40 ounces in total) within 5 hours.
2. At 9:00pm- Take second dose (the second bottle) of CLENPIQ the evening before the procedure followed with **THREE 8-ounce** cups of any clear liquids (24 ounces in total)
3. On the morning of your procedure please come into the office **FASTING**. **NO FOOD or LIQUIDS** at all the day of procedure.

#### **TWO-DAY "SPILT DOSE" METHOD (AFTERNOON PROCEDURES 12 NOON & LATER ONLY)**

1. At 6:00pm (**the night before your procedure**) take the first dose (1 bottle) of CLENPIQ followed with **FIVE 8-ounce** cups of any clear liquids (40 ounces total) within 5 hours and before bed.
2. 5 hours before your procedure take the second dose (the second bottle) of CLENPIQ followed with **THREE 8-ounce** cups of any clear liquids (24 ounces in total). After the 3 cups of any clear liquids please **DO NOT** drink anything else. You will be **FASTING** after that.

### **C. Helpful Tips**

1. Stay near a toilet: you will have diarrhea. Ideally, your bowel movements will become either yellow or clear liquid after a complete prep.
2. Side effects of some preps include nausea, abdominal pain, bloating, vomiting, thirst, dizziness, and dehydration. If you feel nauseous or vomit, take a 30 minute break, rinse your mouth, and then continue drinking your prep. If you throw up your bowel prep, just try your best to drink as much bowel prep as you can tolerate and report to your colonoscopy as scheduled. Be sure to alert the doctor that you could not tolerate your entire bowel prep
3. Feeling some abdominal cramping is normal
4. Petroleum jelly (Vaseline) around the anus or using baby wipes may decrease skin irritation