



### Medications:

- Contact your prescribing provider for instructions regarding your **blood thinning medications**, such as: Aggrenox, Brilinta, Coumadin, Eliquis, Plavix, Pradaxa, and Xarelto, Warfarin etc.
  - **Diabetic Patients:** Contact your prescribing provider for directions regarding your diabetes medications.
- \*\*DO NOT stop taking these medications until directed by your prescribing provider\*\***

### One Week Prior:

- Continue taking Aspirin products (including baby aspirin - 81mg) unless directed otherwise by your provider or nursing staff.
- Stop taking anti-inflammatory products such as: Aleve, Excedrin, Ibuprofen, Alk-Seltzer, etc. \*\*Tylenol (Acetaminophen) is allowed if needed\*\*
- Stop taking ALL over the counter supplements and vitamins.
- Stop taking GLP-1 medications (daily, weekly, oral, injectables) **EXCEPT those mixed with insulin** a minimum of **7 days prior to procedure (not including date of procedure)**.

<input type="checkbox"/> Phentermine	<input type="checkbox"/> Wegovy
<input type="checkbox"/> Ozempic	<input type="checkbox"/> Trulicity
<input type="checkbox"/> Mounjaro	<input type="checkbox"/> Saxenda
<input type="checkbox"/> Victoza	<input type="checkbox"/> Byetta
<input type="checkbox"/> Bydureon	<input type="checkbox"/> Others as directed by medical staff

- Avoid eating: seeds, nuts, granola, corn, quinoa, and popcorn.

### 3-4 Days Prior:

- Stop taking SGLT2 as listed below:

- Jardiance
- Invokana
- Farxiga
- Synjardy
- Steglatro (hold 4 days prior)

You are responsible for contacting your prescribing provider for holding instructions for all other prescription medications.

**One Day Before Procedure:**

● **CLEAR LIQUIDS ONLY - no solid food**

- Allowed
  - Clear Fat-Free Broth (any flavor)
  - Tea or Coffee (no creamer or dairy) - sugar/honey are ok
  - Clear juices - apple, white grape
  - Carbonated beverages - Coke, Pepsi, Ginger-Ale, 7UP, Sprite, Ice - flavored water
  - Gatorade or other sports drinks
  - Flavored gelatin (Jello)
  - Popsicles (without milk or fruit pieces)
  - Electrolyte Water - Propel, Smartwater, Fuji Water
  - Clear Ensure - NOT chocolate, strawberry, or vanilla

**\*\*NOTHING THAT IS RED, BLUE, OR PURPLE\*\***

- NOT Allowed
  - No dairy products (including oat and soy milk)
  - No alcohol
  - No juices with pulp (orange, pineapple, grapefruit, including lemonade)

**It is important that you drink fluids and stay well hydrated prior to your procedure.**

**\*\*You MUST remain on a clear liquid diet until after your procedure\*\***

● **Medications:**

- You must stop erectile dysfunction medications 24 hours prior - including Viagra and Cialis

**Bowel Prep:**

- Follow these instructions - DO NOT FOLLOW INSTRUCTIONS ON THE BOX

**CLENPIQ PREP INSTRUCTIONS**

For your procedure you will take one half of the prep the evening before the test, and the other half the day of the test.

**ONE DAY BEFORE PROCEDURE:**

**Dose one (Bottle # 1) : At 5 pm** drink the entire **Clenpiq Bottle #1**. Follow by drinking five or more 8 oz glasses (cup provided) of clear liquids (minimum 40 ounces) within 4- 5 hour. Please continue to drink additional clear liquids before bedtime.

## **DAY OF PROCEDURE:**

**Dose two (Bottle # 2): 6 hours before your ARRIVAL TIME**, drink the entire **Clenpiq Bottle #2**. Follow by drinking four 8 oz glasses (cup provided) of clear liquids (minimum 32 ounces). Please drink additional clear liquids (water, black coffee -without milk or cream, apple juice, soda pop or club soda) until **4 hours prior to your ARRIVAL time**.

### **Day of Procedure:**

- **Stop all nicotine products (including ZYN pouches), stop all vaping, do not chew gum, or have hard candies/mints**
- ONLY CLEAR LIQUIDS- no solid food
  - Water
  - Black coffee (no creamer or dairy products) - sugar/honey are ok
  - Apple juice
  - Clear soda - 7Up, Sprite, club soda

**\*\*NOTHING BY MOUTH 4 HOURS PRIOR TO ARRIVAL OR YOUR CASE WILL BE CANCELLED\*\***

*You should expect to spend up to 2 1/2 - 3 hours in our procedures unit, longer if you are scheduled to have an additional test done on the same day.*

### **Transportation:**

- Driving is not allowed after a procedure with sedation/anesthesia.
- It is required that you identify a driver for transporting you home. If you are unable to identify a driver, please let us know as soon as possible as your procedure may need to be cancelled/rescheduled.

### **Care at Home:**

- For your safety, it is recommended that you have a responsible adult with you for 8-24 hours after a procedure to support you in the case of a complication or medication side effect.

It is the responsibility of the patient to understand if your procedure is covered - including difference between screening and diagnostic. Please contact your insurance carrier for further benefit coverage information.

If you have questions or must reschedule/cancel your procedure, please call **GI - 541-706-4220**. **We request a minimum 72-hour notice for all cancellations and reschedules.**