TRINITY MEDICAL MULTI-SPECIALTY GROUP

CLENPIQ COLONOSCOPY PREPARATION

WHEN YOU PURCHASE THE CLENPIQ PRESCRIPTION-- DISREGARD THE INSTRUCTIONS IN THE BOX AND FOLLOW THESE INSTRUCTIONS ONLY!

TIME: You will receive a call from the Surgery Center 3-6 days prior to your appointment with your arrival time.

You are scheduled for the day listed above, so please be sure to follow your preparation and all of the instructions detailed below. If you have access to your patient portal, the time you see listed on the schedule is NOT your scheduled time.

ARRANGE FOR A DRIVER: YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. You will not be allowed to drive yourself home due to the sedation that you will be given. Small children are not allowed in the surgery center waiting room and drivers will be asked to wait in their car.

If you find it necessary to change or cancel your appointment, you must do this at least 7 working days prior to your appointment or you will be charged a **$200** cancellation fee. Please call our office Monday – Friday, 8AM to 5PM at 951-501-4200 if you need to change or cancel your appointment. Follow the prompts for First Surgery Center scheduling.

Your procedure will be performed at:

( ) **First Surgery Center**
31625 De Portola Rd. Suite #102
Temecula, CA 92592
Phone: (951) 517-0906

THE ITEMS THAT YOU NEED TO PURCHASE AT LEAST 72 HOURS PRIOR TO YOUR PROCEDURE:

- **CLENPIQ (This is a prescription that has been sent to your pharmacy)**
- **CLEAR LIQUIDS (SEE SUGGESTIONS BELOW)**

Clear Liquids you are allowed to have:

NO DAIRY	***NOTHING RED OR PURPLE***	
Water	**Apple Juice or WHITE grape juice**	**Hard Candy**
Broth (Chicken, Vegetable or Bone)	**Popsicles (No Red or Purple)**	
7up, Ginger ale, Sprite	**Jell-O (No Red or Purple)**	
Coffee & Tea (No cream)	**Sugar or Honey**	

ONE WEEK BEFORE YOUR PROCEDURE:

- If you are taking Blood Thinners or Diabetic Medication, REVIEW AND THEN FOLLOW THE DIRECTIONS ACCORDINGLY ON THE LIST PROVIDED ON THE FOLLOWING PAGE. If you have questions regarding this, please call our office.
- Arrange for a driver. You will not be allowed to drive yourself home. Your driver must be a responsible adult. Drivers will be asked to wait in their car. We do not allow small children in the office. We will call your driver when you are ready to be picked up.
- If you find it necessary to change or cancel your appointment, you must do this at least 7 working days prior to your appointment or you will be charged a **$200** cancellation fee. Please call our office Monday – Friday, 8AM to 4PM at 951-517-0906 if you need to change or cancel your appointment. Follow the prompts for First Surgery Center scheduling.

THE DAY BEFORE YOUR PROCEDURE:

YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. Confirm with your driver, as you will not be allowed to drive yourself home. No small children are allowed in the surgery center waiting area.

- **6:00AM**- The day prior to your procedure you will begin a CLEAR LIQUID diet. NO SOLID FOODS! Follow the clear liquid diet listed above. You can have as much of the clear liquids that you want throughout the day. We encourage you to stay hydrated with water.
- **3:00PM**- **TAKE ONE BOTTLE OF CLENPIQ SOLUTION.** Take your time—slowly finish all of it within 30 minutes. Drink at least 32oz of water until bedtime

  REMINDER: CLEAR LIQUIDS ONLY UNTIL AFTER YOUR PROCEURE!!!! NO SOLID FOOD!!!!!

DAY OF YOUR APPOINTMENT. WHAT TO DO AND WHAT TO BRING:

- **3:00AM**- **TAKE THE SECOND BOTTLE OF CLENPIQ SOLUTION.** Take your time—slowly finish all of it within 30 minutes. Drink at least 32oz of water until 4 hours before your appointment. **NO LIQUIDS AT ALL AFTER THIS POINT**
- **5:00AM-** If you have medications that you must take in the morning (with the exception of Insulin or blood thinners) you may take them now. You can brush your teeth, but do not swallow any water.
- Wear comfortable clothes and things that are easy to take off and put back on. We recommend wearing shoes that easily slip off and on and don't require you to bend over to put them on.
- Bring warm socks
- Bring Insurance cards and ID
- Bring Cash or Credit Card if you have a Co-Payment or deductible that has not been met
- Bring a list of all your prescriptions and over the counter medications
- Please avoid wearing contact lenses, jewelry or valuables
- You will be asked to remove any dentures.

IF YOU TAKE BLOOD THINNERS, STOP 3-7 DAYS BEFORE YOUR APPOINTMENT, FOLLOWING THE DIRECTIONS BELOW:

- **Coumadin, Lovenox, Plavix, Effient, Brillinta, Ticlid, Persatine or any medication that thins your blood please follow up with us as you may need to stop these medications 3-7 days before your procedure.**
- **Lovenox (Enoxaparin) - Hold PM dose the day BEFORE the procedure/ hold AM dose the Day of procedure**
- **Aggrenox (Aspirin-Dipyridamole)- 48 hours prior to procedure**
- **Eliquis (Apaxiban)- 48 hours prior to procedure**
- **Pradaxa (Dabigatran Etexilate) - 48 hours prior to procedure**
- **Xarelto (Rivaroxaban) - 48 Hours prior to procedure**
- **Warfarin (Coumadin)- 3 days prior to procedure**
- **Brillianta (Ticagrelor) - 5 days prior to procedure**
- **Effient (Prasugrel) – 5 days prior to procedure**
- **Plavix (Clopidogrel)- 5 Days prior to procedure**
- **Aspirin- you do not need to stop.**

IF YOU TAKE DIABETIC MEDICATIONS, FOLLOW THE DIRECTONS BELOW:

- **Lantus or Long Acting Insulin: Take only ½ the dose at midnight before your procedure. Bring your insulin in with you day of procedure**
- **Glimperide (Amaryl): Hold day of procedure**
- **Glucotrol (Glipizide): Hold day of procedure**
- **Glucophage (Metformin): Hold day of procedure**
- **Actos (Pioglitazone): Hold day of procedure**
- **Invokana (Canaglifozin): Hold day of procedure**
- **Januvia (Sitagliptin): Hold day of procedure**

PLEASE MONITOR YOUR BLOOD SUGAR DURING YOUR PREPARATION AND IN THE MORNING OF YOUR PROCEDURE. TAKE DIABETIC MEDICATIONS AS NEEDED. BRING YOUR INSULIN WITH YOU FOR YOUR PROCEDURE.

IF YOU TAKE GLP-1 AGONIST MEDICATIONS FOR TYPE 2 DIABETES OR WEIGHT LOSS, HOLD FOR ONE WEEK PRIOR TO YOUR PROCEDURE. SEE BELOW LIST OF GLP-1 AGONIST MEDICATIONS:

- **Ozempic**
- **Wegovy**
- **Mounjaro**
- **Trulicity**
- **Rybelsus**
- **Victoza**
- **Byetta**
- **Saxenda**
- **Tirzapetide**
- **Semaglutide**
- **Retatrutide**