

## **Colonoscopy Preparation Instructions - CLENPIQ®**

### **Advanced Preparation for your procedure:**

#### **Medications**

If you use iron supplements or Pepto-Bismol®, please stop taking 7 days prior to your procedure. It is safe to continue taking baby aspirin and other pain medications. If you are taking any blood-thinning medication (see provided list) please call your primary care physician or coumadin clinic for instructions on when to stop these medications before your procedure.

If you are taking any injectable medications for weight loss or diabetes (see provided list), these need to be held 1 week before your procedure.

#### **Arrange a ride home**

You must have an escort take you home after the procedure. You cannot drive or take a private taxi or public transportation by yourself as you will be sedated with medications for the procedure.

#### **What You Will Need**

- CLENPIQ® prescription filled at your pharmacy
- Simethicone (Gas-X®) 125mg tablets, six (6) tablets needed (over the counter)

### **Three Days before your Colonoscopy:**

Begin a low-residue diet- avoid foods with nuts, seeds, raw fruits/vegetables, dried fruits, corn, beans, whole grains, quinoa, popcorn, lentils, peas. Ok to eat easy to digest foods like white bread, white rice, canned fruit without skins, pasta, cooked meat, tofu, eggs, tomato sauce, cheese, yogurt.

## **The Day Before Your Colonoscopy:**

Begin a clear liquid diet the entire day- water, black tea, black coffee, clear juices, broth, sports drinks (no red), chicken/beef/vegetable broth, Jell-O® (no red), and Popsicle® (no red). NO SOLID FOOD. Stay hydrated by drinking a lot of liquids throughout the day.

- **5 PM:** drink one bottle of CLENPIQ® along with three (3) Simethicone (Gas-X®) 125mg tablets and follow up by drinking 5 or more 8 oz. cups of clear liquids. Finish liquids over the next 5 hours.

## **The Day of Your Colonoscopy:**

- **2 AM:** drink the second bottle of CLENPIQ® along with three (3) Simethicone (Gas-X®) 125mg tablets and follow up by drinking 4 or more 8 oz. cups of clear liquids.

**4 hours before** your scheduled procedure time: Stop drinking all fluids, except sips of water to take medication with.

If you are on oral diabetic medications do not take these the morning of the procedure. If you are on insulin, take half your normal dose. Please confirm this with your physician before scheduled procedure day. Take all other medications prescribed (DO NOT STOP) with a small sip of water at least 4 hours before the procedure. If you use inhalers, please bring them with you.

**\*\*Please review list of medications which need to be held prior to the procedure\*\***

### \*\*\*LIST OF MEDICATIONS TO HOLD\*\*\*

| <u>Category</u>             | <u>Medication</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <u>Typical timing to hold prior to scheduled procedure</u><br><u>**please confirm with primary care provider**</u>                                           |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Blood Thinners</b>       | Xarelto® (rivaroxaban)<br>Pradaxa® (dabigatran)<br>Eliquis® (apixaban)<br>Coumadin® (Warfarin)<br>Lovenox® (enoxaparin)<br>Arixtra® (fondaparinux)<br>Savaysa® (edoxaban)                                                                                                                                                                                                                                                                                                                                                                                     | 2-3 days<br>2-3 days<br>2-3 days<br>5 days<br>12 hours prior<br>3 days<br>1 day                                                                              |
| <b>Anti-Platelet agents</b> | Plavix® (clopidogrel)<br>Brillanta® (ticagrelor)<br>Pletal® (cilostazol)<br>Effient® (prasugrel)<br>Aggrenox® (aspirin/dipyramidole)                                                                                                                                                                                                                                                                                                                                                                                                                          | 5 days<br>5 days<br>2 days<br>5 days<br>3 days                                                                                                               |
| <b>GLP-1 agonists</b>       | Byetta® (exanatide)<br>Saxenda® (liraglutide)<br>Victoza® (liraglutide)<br>Trulicity® (dulaglutide)<br>Ozempic® (semaglutide)<br>Mounjaro® (tirzepatide)<br>Wegovy® (semaglutide)<br>Zepbound® (tirzepatide)                                                                                                                                                                                                                                                                                                                                                  | 1 day<br>1 day<br>1 day<br>7 days<br>7 days<br>7 days<br>7 days<br>7 days                                                                                    |
| <b>SGLT2 inhibitors</b>     | Brenzavvy® (bexagliflozin)<br>Invokana® (canagliflozin)<br>Invokamet® (canagliflozin/metformin)<br>Farxiga® (dapagliflozin)<br>Xigduo® (dapagliflozin/metformin)<br>Qtern® (dapagliflozin/saxagliptin)<br>Qternmet®<br>(dapagliflozin/saxagliptin/metformin)<br>Jardiance® (empagliflozin)<br>Synjardy® (empagliflozin/metformin)<br>Glyxambi® (empagliflozin/linagliptin)<br>Trijardy® (empagliflozin/metformin XR)<br>Inpefa® (sotagliflozin)<br>Steglatr® (ertugliflozin)<br>Seglurome® (etrugliflozin/metformin)<br>Stegluja® (etrugliflozin/sitagliptin) | 3 days<br>3 days<br>3 days<br>3 days<br>3 days<br>3 days<br>3 days<br>3 days<br>3 days<br>3 days<br>3 days<br>3 days<br>3 days<br>4 days<br>4 days<br>4 days |
| <b>Weight loss</b>          | Phentermine                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 4 days                                                                                                                                                       |

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