



EAST END GASTROENTEROLOGY & HEPATOLOGY

MARK J. CORONEL M.D., P.C.

496 County Road 111 • Building D • Suite 2 • Manorville, NY 11949
185 Old Country Road • Suite 3 • Riverhead, NY 11901
Tel: 631-591-3000 • Fax: 631-591-1734
www.eastendgastro.com

COLO

ENDO

COLO/ENDO

PATIENT: _____ **DATE SCHEDULED:** _____

_____ **APPOINTMENT TIME:** _____ **ARRIVAL**

TIME: _____

PLACE: 496 County Road 111, Building D Suite 2 Manorville, NY 11949

Directions to our Manorville Location:

GPS / GOOGLE MAPS – for address Put in CVS in MANORVILLE

From Points West Via LIE: Take the LIE to Exit 70, County Road 111 toward Manorville/Eastport. At the intersection turn right onto CR 111. Proceed to the entrance to the PBMC buildings in the CVS shopping center and turn right. Building D is the second building on the right. The Suite 2 entrance is on the right side, to the back of the building.

From Points East Via LIE: Take the LIE to Exit 70, County Road 111 toward Manorville/Eastport. At the intersection turn left onto CR 111. Proceed to the entrance to the PBMC buildings in the CVS shopping center and turn right. Building D is the second building on the right. The Suite 2 entrance is on the right side, to the back of the building.

PLEASE NOTE:

**PATIENTS THAT CANCEL WITH LESS THAN 72 HOURS
NOTICE WILL INCUR A \$100 CANCELLATION FEE**

COLONOSCOPY INSTRUCTIONS W/ Clenpiq

You have been scheduled for a colonoscopy. This information sheet will inform you of how to best prepare for the procedure. If there are any questions remaining after reading these instructions, please call the office.

If you are unable to keep your appointment, please give us at least 72 hours notice.

IMPORTANT NOTES:

1. You must arrange to have someone accompany you for the procedure. You will not be allowed to drive home, and you may not drive for the rest of the day. On the day of the Procedure, if you arrive without someone to take you home, your procedure will not be done.
2. You cannot go to work the day of the procedure.
3. If you take any blood thinners such as Coumadin, Plavix, Effient, Warfrin, or Pradaxa on a daily basis, you must notify the Doctor immediately. These medications may need to be discontinued prior to your colonoscopy.
4. You must thoroughly read the instructions on the following pages.

COLONOSCOPY INFORMATION:

Colonoscopy is a diagnostic procedure that uses a thin flexible tube with a camera and a light to examine the lining of your large intestine (known as the colon). During the exam, you will be lying on your left side on a stretcher. An intravenous catheter (an "IV") will be placed in a vein in your arm. You will then be hooked up to monitoring equipment to measure your heart rate, blood pressure and oxygen level of your blood. An Anesthesiologist or his/her assistant will administer medicine into your I.V. for sedation (*please notify us of any allergies to medicines*). Once you are asleep and comfortable, the colonoscopy will be gently inserted into the rectum and carefully advanced through the colon. If a colonic polyp, an abnormal growth of colonic tissue is found, your physician may be able to remove the polyp through the instrument. In rare cases, passage of the colonoscopy through the entire colon cannot be achieved. The entire examination usually lasts from 20 minutes to one hour.

The **benefits** of the procedure include the ability to detect and remove colon polyps for colon cancer prevention, evaluate gastrointestinal and abdominal symptoms, obtain biopsies, and identify and treat sites of bleeding. Although Colonoscopy is a safe procedure, complications can occur. The **Risks** include, but are not limited to, **Bleeding** which can occur after polyp removal or therapy and generally stops on its own but on occasion may require blood transfusion, repeat colonoscopy, hospitalization and/or surgery ; **Perforation** which is a puncture or tear in colon wall which may require hospitalization, surgery and may be serious complication that can even cause death; **Reaction to sedation** which very rarely some patients develop low blood pressure, irregular heartbeat or difficulty breathing; **Missed polyps or lesions** which, because the test is not perfect, can occur particularly if they are small in size or flat in shape.

After the procedure, You might be sleepy for one to two hours after the procedure due to medications you will receive at the time of the procedure. You may expel some gas as air, which is instilled into the colon during the colonoscopy, for adequate visualization. You may experience some abdominal bloating and distention for several hours after the colonoscopy. You will be able to resume your diet after the colonoscopy, unless you are instructed otherwise.

ONE WEEK PRIOR TO EXAM:

- **Arrange for someone to drive you home from your procedure. YOU WILL NOT BE ALLOWED TO DRIVE HOME OR TAKE A TAXI WITHOUT AN ADULT (OTHER THAN THE TAXI DRIVER) TO ACCOMPANY YOU. On the day of the procedure, if you Arrive without someone to take you home, your procedure WILL NOT be done.**
- **Arrange to take the day of the procedure off from work. You cannot go to work; you are to stay at home the remainder of the day after the procedure and relax. You may not DRIVE FOR THE REST OF THE DAY!**
- **Stop any vitamins containing iron and/or iron supplements one week prior to the Colonoscopy.**
- **Purchase & Pick up your PREP at your pharmacy!!**

THREE DAYS PRIOR

- **Please limit intake of corn, celery, lettuce, nuts and seeds as these are poorly digestible and often leave residue in the colon and can interfere with exam visualization.**

DAY BEFORE PROCEDURE:

- **START CLEAR LIQUID DIET for the entire day before the procedure which means NO SOLID FOODS, NO GUM, NO MILK OR MILK PRODUCTS, NO JUICE WITH PULP OR SEEDS.**
- **YOU MAY ONLY HAVE THE FOLLOWING:**
Water, Seltzer, Apple Juice, White Grape Juice, Sprite, Ginger Ale, 7 UP, Mountain Dew, light colored sports drinks, crystal light, green or white tea, Bouillon or Clear Broth, Gatorade (NO RED), Italian Ice (NO RED), Plain Jello (NO RED), Popsicles (no milk or fruit pieces).
There are no exceptions, patients may eat and drink ONLY WHAT IS ON THIS LIST!!
- **BEGIN YOUR PREP AS DIRECTED.**



(sodium picosulfate, magnesium oxide,
and anhydrous citric acid) Oral Solution
10 mg/3.5 g/12 g per 160 mL bottle

TAKING CLENPIQ STEPS TO COMPLETE THE PREP The Split-Dose Regimen

Evening Before

Between 5-9 PM



Drink 40 oz (5 cups) of clear liquids.*
Finish liquids over the next 5 hours.

Morning of

5 hours before procedure



Drink at least 24 oz (3 cups) of clear liquids.
Finish liquids 2 hours before your colonoscopy
or as advised by your doctor.



Hydration is important and it's part of the prep. Make sure to hydrate before you take the prep, while you're taking the prep, and after the prep.

Prep Assistant Use the prep assistant as a guide for completing your prep.

The time of your colonoscopy is _____:_____

Complete your prep and all hydration by _____:_____

Evening before your colonoscopy

- Drink one bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink 5 cups (8 oz each) of clear liquid.
Check off the cups below as you go!



Start: _____:_____

Finish: _____:_____

Morning of your colonoscopy

- Drink the other bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink at least 3 cups (8 oz each) of clear liquid.
Check off the cups below as you go!



OR MORE

Start: _____:_____

Finish: _____:_____

ON THE DAY BEFORE THE COLONOSCOPY, stop eating all solid food and dairy, and start hydrating by drinking clear liquids.



*After your first dose, if severe bloating, swelling, or stomach pain occurs, delay the second dose until the symptoms resolve.
Please see reverse page for additional information about CLENPIQ, the importance of a clear liquid diet, and hydration.

INDICATION

CLENPIQ is a prescription medicine used by adults to clean the colon before a colonoscopy. CLENPIQ cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

IMPORTANT SAFETY INFORMATION

- Do not take CLENPIQ if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestines (bowel perforation), a very dilated intestine (toxic megacolon), problems with the emptying of food and fluid from your stomach (gastric retention), or an allergy to any of the ingredients in CLENPIQ.
- CLENPIQ and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts (electrolytes) in your blood. These changes can cause abnormal heartbeats that may result in death, seizures (this can happen even if you have never had a seizure), or kidney problems. Your chance of having fluid loss and changes in blood salts with CLENPIQ is higher if you have heart problems, have kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDs).

See complete Important Safety Information on the back.