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PROCEDURE DATE: _____ MATHER _____ ST. CHARLES

_____ ADVANCED SURGERY CENTER OF LONG ISLAND (ASCLI)

(If you need to **cancel** your procedure, please let us know **as soon as possible**.)

LIDDC: CITRATE OF MAGNESIA & CLENPIQ INSTRUCTIONS

*** FOLLOW THESE INSTRUCTIONS - NOT INSTRUCTIONS IN PREP KIT**

A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE: Inform the office (631) 751-8700 IF:

1. You are diabetic.
2. You are allergic to latex.
3. You take blood thinning products (Coumadin, Plavix, Aggrenox, Brilinta, Pradaxa, Pletal, Ticlid, Brilinta, Trental, Effient, Xarelto, Eliquis).
4. You have a prosthetic heart valve, a history of endocarditis, vascular graft, prosthetic joint replacement within the last 12 months. You may need antibiotic coverage for your procedure.
5. **Make sure you have a responsible party to take you home after the procedure. We may cancel the procedure if you do not have a responsible party to take you home.**
6. You will be called by ASCLI surgery center with your arrival time two days prior to procedure.

A. ONE WEEK BEFORE YOUR PROCEDURE:

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, Advil, Motrin, ibuprofen, Aleve, naprosyn. You may take Tylenol (acetaminophen).
2. If you are taking aspirin 81 mg/day (baby aspirin) you should CONTINUE this unless otherwise instructed.
3. **Blood work** should be done 7-14 days prior to the procedure. A **pregnancy test** should be done less than 7 **days** prior to the procedure if you are a woman of child bearing age.
4. Avoid fruits/vegetables with **seeds**: e.g. tomatoes, kiwi fruit, caraway, flax, poppy, sesame and corn.

B. TWO NIGHTS PRIOR TO PROCEDURE:

1. Take one 10 oz. bottle of Citrate of Magnesia at 8 PM.

Instructions continued on reverse side

C. THE DAY BEFORE YOUR PROCEDURE:

1. **DO NOT EAT SOLID FOOD. YOU CAN ONLY HAVE CLEAR LIQUIDS THE DAY BEFORE YOUR COLONOSCOPY.** Drink at least 8 glasses of clear liquids. These should not be red or purple. Examples include: apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, jello, ice popsicles, black coffee, black tea (sugar or sweetener is allowed – but **NO milk/creamer**). You cannot have orange juice or other liquids you cannot see through. Only clear liquids are allowed the day before the procedure. It is very important that you stay well hydrated. Call the office if you have problems or questions with the prep.
2. At 9 pm, take 2 Simethicone anti-gas chewables or soft gels (such as Gas-X, with 125mg of Simethicone in each tablet) with 8 ounces of clear liquid. The Simethicone medication reduces bubble formation in your colon and improves exam quality.
3. At 10 pm, take an additional 2 Simethicone chewables or soft gels with 8 ounces of clear liquid.

4. CLENPIQ INSTRUCTIONS

A complete preparation requires 2 doses of CLENPIQ for oral solution taken separately, each followed by additional fluids (dosing cup provided). The 2 doses are the same and have the same contents. **KEEP AT ROOM TEMPERATURE.**

Step a)

- **Take the first dose of CLENPIQ during the evening before the colonoscopy at approximately 5 PM**
- **AFTER DRINKING THE FIRST DOSE OF CLENPIQ**, drink an additional **five** 8-ounce cups (cup provided) of Gatorade or Pedialyte – **not red or purple** (40 ounces total) within 5 hours.

Step b)

- **IF YOUR PROCEDURE IS SCHEDULED BEFORE NOON ON THE NEXT DAY: Drink the second dose of CLENPIQ AT 10 PM**
 - **IF YOUR PROCEDURE IS SCHEDULED AFTER NOON ON THE NEXT DAY: Drink the second dose of CLENPIQ 6 hours before your procedure time**
 - **AFTER DRINKING THE SECOND DOSE OF CLENPIQ**, drink an additional **three** 8-ounce cups (cup provided) of Gatorade or Pedialyte – **not red or purple** (24 ounces total) within 3 hours. **All fluid must be completed 5 hours before the procedure.**
5. If your procedure is scheduled in the **hospital, call the evening before** for your arrival time.

Mather Hospital (631) 476-2717 St. Charles Hospital (631) 474-6441

D. THE DAY OF YOUR PROCEDURE:

1. **Do not eat solid food on the day of your procedure.** Do not drink anything in the 6 hours before your procedure (except your prep as above, if needed). No gum or candy. You may brush your teeth. Take your usual morning medications with a sip of water.
2. Wear loose fitting clothes. Do not wear contact lenses, jewelry or make-up. Remove tongue and nose piercings.
3. Bring your inhalers and glasses case with you.
4. Contact the office if you have questions or your physical condition changes (cold, fever, illness).
5. Your responsible party will need to sign your discharge papers. You will receive discharge instructions from the nurse. You may resume your normal diet. You may not drive for the rest of the day/night. You may resume normal activities the next day.

