

North Hills Endoscopy Center

3344 N. Futrall Dr.
Fayetteville, AR 72703
(479)582-7280

The following instructions are to be followed so that you will have a clean bowel on the day of your colonoscopy. This is very important for adequate examination. **If these instructions are not followed, your procedure may be canceled.** Clenpiq Bowel Prep Kit is a split dose (2day) regimen. Both doses are required for a complete prep. Clenpiq prescription is attached; please take it to the pharmacy of your choice to get it filled. **If your insurance does not cover this preferred prep, please contact our office or ask the pharmacy to contact us to see about a more affordable alternative.**

One week before your scheduled procedure:

- Please do not take any iron or iron supplements (multivitamin is OK).
- Please continue to take your aspirin or baby aspirin as usual up to your appointment.

If you have any of the following conditions, please **call our office** to speak with a nurse prior to your appointment:

- If you are on Coumadin, Ticlid, Plavix, Lovenox or any other prescribed blood thinners.
- If you have any serious allergic reactions to latex. This does not include a latex sensitivity, such as tape.
- If you have an internal defibrillator.

The day before your exam:

- You will be on a clear liquid diet from the time you get out of bed (this consists of 7up, coke, broth, strained soup, coffee, juices that are pulp free, etc. Also, you may have Jell-O and popsicles, but avoid cherry and strawberry because of the red dye that will stain the colon).
- **DO NOT CONSUME ANY SOLID FOODS OR MILK PRODUCTS THE DAY BEFORE OR THE DAY OF THE EXAMINATION.**
- If you are diabetic and you take Insulin, take ½ dose the day before your procedure. If you take oral diabetic meds, you may take the full dose the day before. Also make sure you have some liquids WITH sugar in them as well as the sugar-free kind as part of your clear liquid diet.

Begin Step 1 at 6:00pm on the evening before your procedure.

-Step 1: Drink one bottle of Clenpiq. **You do NOT dilute this.**

-Step 2: **Follow this with five (5) 8oz glasses of clear liquid.**

If you have trouble with severe nausea, stop the prep for 1 hour, and then resume if time permits, drinking slowly. If needed, an over the counter Dramamine can be helpful with reducing the nausea.

The day OF your procedure:

- Beginning at **4:30am**, drink the second bottle of Clenpiq. **It is important that you follow these instructions exactly for a sufficient prep.**
- **Follow this with four (4) 8oz cups of clear liquid over the next 90 minutes.**
- **If you are diabetic, please take a blood sugar the morning of your procedure and bring that number to the center with you.**
- **DO NOT** take any of your diabetic medications the morning of your procedure.
- Please take any medications **for your heart or blood pressure** with a small sip of water on the morning of your procedure.
- You will not be able to **work, drive, or make any business decisions** the day of your procedure.

*****DO NOT DRINK ANYTHING FOR TWO FULL HOURS PRIOR TO YOUR ARRIVAL!*****

****DO NOT USE CHEWING TOBACCO OR DIP SNUFF FOR 6 HOURS PRIOR TO YOUR ARRIVAL! ****

It is our policy that you have an adult driver to take you home after the procedure. If you do not have a driver, your procedure will have to be canceled or done without sedation. Taxi services are not acceptable unless you have someone to ride with you. Out of courtesy to other patients waiting for appointment availability, please note that we have a 3 business day cancellation policy. **All other cancellations/no shows may be subject to a \$50.00 cancellation fee.**

Please report to North Hills Endoscopy Center at 3344 N. Futrall Dr. North Hills Endoscopy Center is located inside of the Fayetteville Diagnostic Clinic. If you have any questions, please feel free to call our scheduling dept. at (479)582-7289.

Your appointment is **DATE:** _____ **TIME:** _____ **(Arrive 45 minutes prior to appointment time)**