

**HACKENSACK GASTROENTEROLOGY ASSOCIATES, P.A.**

Steven Leibowitz, M.D. \* George Nikias, M.D. \* Richard Lin, M.D.  
Aditi Chhada, M.D. \* Eric Rosendorf, M.D. \* Anish Mammen, M.D.  
130 Kinderkamack Road, Suite 301, River Edge, NJ 07661 \* 201-489-7772 \* Fax 201-489-2544

**CLENPIQ INSTRUCTIONS**

**\*\*\*\*\*PLEASE READ INSTRUCTIONS CAREFULLY\*\*\*\*\***

**\*\*YOU MUST MAKE TRANSPORTATION ARRANGEMENTS\*\***

**(You will not be able to drive yourself & must have someone accompany you home)**

If you are taking aspirin, blood thinners or anti-inflammatories, YOU MUST INFORM THE PHYSICIAN ONE WEEK PRIOR TO PROCEDURE. **CONTINUE ALL OTHER PRESCRIBED MEDICATIONS** up to the examination date, INCLUDING BLOOD PRESSURE MEDICATIONS. Please notify us if you have undergone heart valve surgery or any other recent prosthetic surgery.

**Avoid salads, leafy greens, flax seeds, chia seeds and granola for 3 days prior to procedure. The day before the exam you will be on CLEAR LIQUIDS ONLY, NO SOLID FOODS OR MILK PRODUCTS. NOTHING RED OR PURPLE. Remain close to bathroom facilities.**

PATIENT INSTRUCTIONS:

Clenpiq Bowel Prep Kit is taken as a split dose regimen. You MUST complete the entire prep to ensure the most effective cleansing.

**1<sup>st</sup> Dose beginning at:** \_\_\_\_\_

Drink 1 bottle of **Clenpiq** followed by five 8-ounce containers of water over the next hour.

**2<sup>nd</sup> Dose beginning at:** \_\_\_\_\_

Repeat the above steps with second dose of **Clenpiq** followed by three 8-ounce containers of water within an hour.

On the day of your procedure you may have ONLY CLEAR LIQUIDS up to 4 hours before the test. **STOP ALL LIQUIDS 4 HOURS BEFORE PROCEDURE TIME.**

PLEASE BRING YOUR INSURANCE CARD, ID (DRIVER'S LICENSE) AND A LIST OF ALL OF YOUR MEDICATIONS, COMPLETE WITH DOSAGE AND INSTRUCTIONS TO YOUR APPOINTMENT.

**If you have any questions, please call the office at 201-489-7772**

Report to one of the following addresses:

Hackensack University Medical Plaza  
20 Prospect Ave, Suite 813  
Hackensack, NJ 07601

The Excelsior II  
170 Prospect Ave, 2<sup>nd</sup> Fl, Ste 10  
Hackensack, NJ 07601

Paramus Endoscopy Center  
80 Eisenhower Drive  
Paramus, NJ 07652

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

NO SOLID FOOD THE ENTIRE DAY BEFORE THE COLONOSCOPY,  
CLEAR LIQUID ONLY.

UPON WAKING THE DAY BEFORE THE PROCEDURE, DRINK AT LEAST  
5 OUNCES OF LIQUID EACH HOUR LEADING UP TO THE START OF  
THE PREP

In general, you can have

Apple juice,  
white cranberry or white grape juice  
Chicken or Beef broth (no chunks in it),  
Jello (not Red)  
tea (no milk)  
coffee (black)  
water  
Gatorade(not Red)  
ginger ale  
Sprite  
7-Up  
popsicles (not with fruit pieces in it or Red)  
Clear protein drinks

**STOP ALL LIQUIDS 4 HOURS BEFORE YOUR  
PROCEDURE**

## Instructions Following Colonoscopy

You have just had a colonoscopy. This is information about what to expect over the next week. Please call our office if you have severe or persistent abdominal pain, fever, or a bloody bowel movement. A doctor associated with our office will speak with you and decide on a course of action. If biopsies were taken from your colon or a polyp was removed, we usually request that you call your own doctor in about 10 days to obtain the results.

**Bleeding:** Bleeding may occur immediately after taking a biopsy or after removal of a polyp. You will have been informed if there was any bleeding at the time of the procedure. Although rare, the risk of bleeding may still be present up to 10 days after polypectomy, when the scab from the cauterized area falls off. A small amount of blood on the stool is not uncommon after colonoscopy, but the passage of an entirely bloody bowel movement should be immediately reported.

**Pain:** Sharp or persistent abdominal pain is uncommon after colonoscopy. If it occurs, please call our office. Many patients experience discomfort due to the air pumped into the colon during the procedure, but this usually subsides within a few hours.

The sedative medication injected into your arm vein may cause local swelling and discomfort, beginning 1 to 7 days later and last for several weeks. This occurs in about 1/100 patients and, although annoying, it is rarely serious. Please contact our office if you experience any swelling or pain that persists following your procedure.

**Food:** Your bowel preparation has emptied your intestinal tract. We suggest avoidance of any heavy meals today. If your stomach does not feel right, the next meal should be light-such as eggs, cereal and toast. *Do not* drink alcohol for 8 hours. Regular food may be started tomorrow.

**Activities:** The sedation you received will make you less alert than normal. Do not make any major decisions today. You may resume normal activities tomorrow. Do not drive a car until tomorrow.

**Medications:** You may resume all medications immediately after colonoscopy, but if a polyp was removed, your doctor will instruct you when to restart blood thinners.

**Next Bowel Movement:** Since your colon is completely clean, do not expect any bowel activity for 2 to 3 days.