



# CLENPIQ Colonoscopy Instructions

Failure to comply with these instructions may result in the cancellation of your procedure. Arrange for a ride home from a licensed driver after your procedure. Don't take a bus, cab, or ridesharing service unless an adult rides with you.

## ONE WEEK PRIOR TO PROCEDURE:

- Do NOT inject the following medications for 7 days: Dulaglutide (Trulicity), Tirzepatide (Mounjaro, Zepbound), Exenatide (Bydureon) and Semaglutide (Ozempic, Wegovy).
- Discontinue taking: Vitamin E, Ginkgo, Omega3, Fish oil, Flax seed, Ginseng, & NSAIDs (Ibuprofen, Motrin, Advil, Excedrin, Aleve). You may take Tylenol for aches or pain if necessary. ONLY if you have heart disease, you may continue your daily Aspirin.
- If taking Coumadin, Eliquis, Plavix, Pradaxa, or Xarelto, please do NOT discontinue these medications without proper authorization from our office.
- Continue taking all other prescribed medications including heart and blood pressure medications.

## TWO DAYS PRIOR TO PROCEDURE:

- Discontinue taking: Semaglutide (Rybelsus), Liraglutide (Victoza, Saxenda, Xultophy), Lixisenatide (Soliqua) and Exenatide (Byetta).
- Do NOT eat any seeded foods (seeded fruits, seeded breads, nuts, popcorn, or corn).

## ONE DAY PRIOR TO PROCEDURE:

- **NO SOLID FOOD.** Clear liquid diet for breakfast, lunch, and dinner.

DO's	DON'TS
<u>Apple Juice, Clear Soda,</u> <u>Beef, Chicken or Vegetable Broth (Liquid Only)</u> <u>Coconut Water (No Shavings),</u> <u>Black Coffee, or Tea (No Cream),</u> <u>Jell-O or Gatorade (No Red or Purple).</u>	<b>SOLID FOOD</b> <u>Apple Sauce, Eggs, Soup, Oatmeal,</u> <u>Orange, Grapefruit, or Pineapple Juice,</u> <u>Milk or Dairy Products,</u> <u>Malt, Alcoholic Drinks.</u>

- At 6 PM drink a bottle of CLENPIQ within 5-10 mins, then drink 5 or more 8oz cups (40oz) of clear liquids over the next 5 hrs.
- At Midnight drink the other bottle of CLENPIQ within 5-10 mins, then drink 4 more 8oz cups (32oz) of clear liquids. **DO NOT DRINK OR EAT ANYTHING ELSE AFTER.**

## ON THE DAY OF THE PROCEDURE:

- **DO NOT DRINK OR EAT ANYTHING AFTER MIDNIGHT.**
- Please take all heart or blood pressure medications with a small sip of water.
- Do NOT take diabetic medication the morning of your procedure.
- Please bring all your medications with you to the facility.

**■ Memorial Hospital**  
**Pembroke**  
7800 Sheridan St  
Pembroke Pines, FL 33024  
(954)883-8282

**■ SurgiCare of Miramar**  
14601 SW 29th St  
Suite 301  
Miramar, FL 33027  
(954)266-3801

**■ Weston Outpatient**  
**Surgical Center**  
2229 N. Commerce Pkwy  
Weston, FL 33326  
(954)703-3000

Procedure Date: \_\_\_\_\_

**Time of Arrival:** It will be determined by a nurse who will call you one day prior. We advise all patients to take the day off work/school.

**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT OUR OFFICE AT (954)874-7900 OR EMAIL US AT [HELPDESK@DRMOURA.COM](mailto:HELPDESK@DRMOURA.COM)**

**FOR CANCELLATIONS OR TO RESCHEDULE PLEASE CONTACT US AT LEAST 3-BUSINESS DAYS IN ADVANCE TO AVOID A \$75 CANCELLATION FEE!**