



SCAN/CLICK for PODCAST

COVID-19 2024 NOTICE

If you have a fever, unexplained cough, or respiratory symptoms or have been exposed to someone with symptoms or confirmed COVID-19 infection in the last 4 weeks, CALL and reschedule your colonoscopy procedure. Don't do the prep and risk being turned away.

CLENPIQ COLONOSCOPY Split “PREP”



Modern colonoscopy is a diagnostic procedure to examine the colon or large intestine. Over the past 40 years, it has become the gold standard in screening for colon polyps and prevention of colorectal cancer. Most exams are quick, painless, and very safe with modern sedation methods and newer, thin, flexible instruments. For an accurate examination, however, purging your colon of all waste material is critical, using a restricted diet and laxative preparation, or "prep." Colonoscopy is an important test. Read this carefully and take the time to prepare correctly. *REMEMBER: An accurate colonoscopy requires an excellent prep. Cranberry-flavored CLENPIQ is the most palatable AND effective prep we have ever used, making the exam more accurate.*

Most patients report that the worst part of the procedure is not the colonoscopy but the necessary preparation the day before. Preparing for a colonoscopy is never pleasant, but fortunately, new low-volume “preps” have been developed to make this process as simple as possible. You must follow all instructions carefully so that the test does not need to be rescheduled. If you have any questions, please call our office - (412) 262-1000 option #2.

WARNING: Individuals taking the semiglutide class of medications known as (GLP-1) receptor agonists may delay how their stomach empties. This may interfere with colonoscopy preparation AND increase the risk of aspiration under anesthesia for BOTH colonoscopy and upper endoscopy (EGD) exams.

ALL patients taking these medications once weekly MUST stop them temporarily for 1 week before their procedure appointment.

ALL patients taking these medications daily MUST stop them temporarily for 24 hours before their procedure appointment.

Failure to do so will result in the cancellation of the procedure, which will have to be rescheduled.



To prepare for your exam, you will need a prescription to purchase:

- 📦 One CLENPIQ Bowel Prep Kit. Store at room temperature

All bowel preps may cause some anal irritation. We also recommend that you purchase:

- 📦 A soft brand of toilet tissue.
- 📦 A box of baby wipes such as Huggies or Pampers Aloe wipes
- 📦 One small tube of diaper rash ointment or Zinc Oxide cream
- A small bottle of Milk of Magnesia
- [OPTIONAL] Your doctor may also prescribe Zofran (ondansetron) anti-nausea pills.
- 📦 [OPTIONAL] TWO (2) bottles of ENSURE or BOOST nutritional supplement.
Any flavor. This is NOT required but makes the prep more tolerable.

Special Instruction for Diabetics (READ LAST PAGE)

We realize our patients with diabetes may be wondering about the safety of a colonoscopy prep. The bottom line is it can be done safely if you follow instructions. If you are taking medication for Diabetes, please read the last page for special instructions.

This new CLENPIQ is safe and effective. It is split into two halves:

1. The first half is taken the night before your exam.
2. The second half must be taken on the morning of your exam, **STARTING 5 HOURS BEFORE YOUR ARRIVAL TIME** and completed within 1 hour. **YOU MUST HAVE NOTHING BY MOUTH THOSE LAST FOUR HOURS BEFORE YOUR EXAM ARRIVAL TIME – NO FOOD, LIQUIDS INCLUDING WATER, TOBACCO, CANDY, OR EVEN CHEWING GUM.**

THREE (3) DAYS BEFORE YOUR COLONOSCOPY

Make arrangements for a companion to accompany you to your appointment and drive you home. Ideally, this person should be someone we can share the examination results with.

It is best to eat lightly for a few days before your exam. It makes the cleanout easier and more effective. *What goes in has to come out.* Try to avoid overeating to compensate for the upcoming fast. Please avoid Metamucil, vitamins containing iron, raw vegetables, corn, sesame seeds, and foods with skin or small seeds such as tomatoes, kiwi, quinoa, and cucumbers for a few days before your exam. Discontinue any fiber supplements (Metamucil, Citrucel, Fibercon, etc.).

TWO (2) DAYS BEFORE YOUR COLONOSCOPY

*Normal activity and diet, but don't overeat. **IMPORTANT: Drink extra fluids this day - four 8-oz glasses.** STAYING WELL-HYDRATED IS A KEY PART OF THIS PREPARATION. Also, don't go into the prep constipated.* We suggest you take an over-the-counter laxative (such as 4 TBSP of Milk of Magnesia) and 4 glasses of water after dinner TWO nights before your exam to “prime the pump.”

ONE (1) DAY BEFORE YOUR COLONOSCOPY (“Prep Day”)

Follow these instructions the day before your procedure:

7 AM. NO SOLID FOOD. You may have one 8 oz bottle of Ensure/Boost if you want some nutrition. Otherwise, a CLEAR LIQUID DIET should be followed until your exam is completed. (See below) Drink at least 8 oz of clear fluids every two hours while awake.

NOON NO SOLID FOOD. You may drink the second 8 oz bottle of Ensure/Boost. Drink at least 8 oz of clear fluids every two hours while awake—only clear liquids from this point on.

5 PM. DRINK CLENPIQ right from the bottle. Take one of the 5.4 oz bottles of CLENPIQ and drink all at once. *For a safe prep and complete exam, you MUST drink another 48 oz of clear fluid over the next 6 hours – SIX 8-oz glasses.* You may drink more fluid if you wish. The more you can drink, the better the preparation will be. This may include water, iced tea, lemonade, white grape juice, Crystal Light, and Gatorade. Do NOT drink any milk products. Avoid red, blue, or purple liquids, as they may interfere with the exam.

DAY OF COLONOSCOPY (“Test Day”)

Do NOT eat breakfast.

5 hours before your appointment arrival time. DRINK CLENPIQ right from the bottle. Take the second of the 5.4 oz bottles of CLENPIQ and drink all at once. *For a safe prep and complete exam, you MUST drink at least 32 oz of clear fluid over the next hour – FOUR 8-oz glasses.*

To prevent aspiration of stomach contents into your lungs while under the anesthetic, **YOU MUST HAVE NOTHING BY MOUTH THOSE LAST FOUR HOURS BEFORE YOUR ARRIVAL TIME FOR YOUR EXAM – NO FOOD, LIQUIDS INCLUDING WATER, TOBACCO, CANDY, OR EVEN CHEWING GUM – OTHERWISE YOUR EXAM MAY BE CANCELLED.**

However, you may take any essential prescription medications with a **small** sip of water, especially any medications for HIGH BLOOD PRESSURE. (Diabetic medications and blood thinners such as Coumadin, warfarin, Pradaxa, Xarelto, Eliquis, etc., require special instructions. Ask your doctor.) If you use any INHALERS FOR ASTHMA, even infrequently, please bring them with you.

Your ARRIVAL TIME is ONE HOUR before your procedure time. Be prompt.

YOUR DRIVER

Bring a driver who can remain here the entire time you are here. The average visit is about two hours. Arriving late or without a driver may require canceling and rescheduling your procedure. *Patients who would like to have their driver come to recovery after their procedure must have their driver remain in the waiting room the entire time.* If the nurse comes to the waiting room to call your driver back and they have left the waiting room, they may miss the opportunity to come to recovery when the doctor goes over the results.

The average visit is about two hours. Arriving late or without a driver may require canceling and rescheduling your procedure. Wear comfortable clothing and shoes that are easily removed.

Leave jewelry and other valuables at home. No firearms are permitted. Bring your insurance card and driver's license. If there is a copay or deductible, be prepared to pay it PRIOR to your procedure.

Note: CLEAR LIQUIDS are anything you can see through. This includes clear fat-free broths, bouillon, tea, coffee, Kool-Aid, Crystal Light, carbonated beverages, sodas, orange juice and other fruit juices without pulp, popsicles without pulp, Jell-O, hard candies, and Italian ices.

Not allowed: Orange juice with pulp, fruit nectars, liquids you cannot see through, milk, and cream. Avoid anything that is red, blue, or purple.

JUDGING YOUR PREP

You can judge the effectiveness of your colonoscopy prep by the color of the fluid you expel from your rectum. A perfect prep results in a clear yellow liquid that resembles urine. The yellow color is from liver bile, which helps digest the fat in your diet. (Your liver doesn't know that you are having a colonoscopy...)



YOU SHOULD CALL THE OFFICE AT 412-262-1000 AFTER 8:30 AM ON THE MORNING OF YOUR TEST IF YOU ARE STILL HAVING SOLID OR BROWN STOOLS.

Special Instruction for Diabetics

We realize our patients with diabetes may be wondering about the safety of a colonoscopy prep. The bottom line is it can be done safely if you follow instructions. Your colonoscopy prep will mean significant changes to what and how much you eat, which can easily cause unpredictability of blood sugar. This will require a temporary adjustment in your diabetic medications. The biggest fear is low blood sugar (hypoglycemia). You should monitor your blood sugar. We don't want you going low. We advise patients with diabetes to tolerate a slightly higher blood sugar for a day or two, which will not cause long-term harm. One day of glucose readings that are slightly higher or "permissive hyperglycemia" is way better than having a hypoglycemic event." Follow the guidelines below. If you have brittle diabetes or your diabetes is difficult to control, discuss the prep adjustments with your endocrinologist or PCP. A Feb 2023 [review](#) offers some standard recommendations:

- **Metformin/Glucoophage:** Stop taking it when the liquid diet begins and resume once you're back to eating regular meals after the procedure.
- **Semiglutide:** (Ozempic/semiglutide, Rybelsus/semuglutide, Wegovy/semiglutide, Mourjero/trizepatide). IF daily capsule, stop 24 hours before the exam; IF weekly injection, stop 1 week before the exam. Resume afterward at regular dose.
- **Other GLP-1 receptor agonists:** (Trulicity/dulaglutide, Byetta/exenatide Victoza/liraglutide): Stop taking when the liquid diet begins and resume once you're back to eating normal meals after the procedure. If your regular weekly injection is scheduled during your colonoscopy prep period, hold off until you're back to eating normally.
- **DPP-4 inhibitors:** (such as Januvia/sitagliptin, Tradjenta/linagliptin, and Onglyza/saxagliptin): Stop the morning of the procedure and resume that evening.
- **SGLT-2 inhibitors:** (such as Jardiance/empagliflozin, Farxiga/dapagliflozin, Brenzavvy/bexagliflozin, and Invokana/canagliflozin): Stop taking three days before the procedure and resume once you're back to eating normal meals *and* are adequately hydrated.
- **Sulfonylureas:** (Such as Glucotrol/Glipizide) Stop taking the day before the procedure and resume once you're back to eating normal meals.

Insulin, the diabetes drug with the highest risk of hypoglycemia and an absolute necessity for people with type 1, requires special attention. Please speak to your endocrinologist or PCP because the following are only starting points:

- **Rapid insulin:** People who use an insulin-to-carb ratio to determine how much rapid insulin to use for meals can continue to follow their normal dosing strategy. Those who use fixed doses for each meal must substantially cut their usual dose during the clear liquid prep phase.
- **Basal insulin:** Beginning the day before the procedure, patients will be asked to cut their basal insulin dose by 20 to 50 percent, depending on the insulin they use and the type of diabetes they experience.



Center For Digestive Health & Nutrition

725 Cherrington Parkway • Moon Township, PA 15108
412.262.1000 • www.gihealth.com • IG: @thedigestivetract

The Center for Digestive Health & Nutrition is a private medical practice comprised of experienced Gastroenterologists, Nurse Practitioners, and staff members dedicated to preventing and treating digestive disorders. Our physicians have been serving the needs of those in Western Pennsylvania and surrounding areas since 1977, having cared for tens of thousands of individuals with digestive problems. Our mission is to deliver high-quality gastroenterology services efficiently and cost-consciously. We realize the very sensitive nature of GI illness and understand the necessity of providing our services in an environment that stresses patient privacy and confidentiality and where patient satisfaction is the goal. Appointments can be conveniently scheduled online via our website above. Learn more about digestive issues on Instagram @thedigestivetract

DISCLAIMER: The content provided on this website is for general informational purposes only. It is not intended as definitive medical advice, and self-diagnosis should not be based on online information. If you experience any symptoms or health concerns, it is crucial to consult a physician for a thorough examination and professional evaluation. Only a qualified healthcare provider can provide an accurate diagnosis and develop an appropriate treatment plan to rule out serious medical conditions.

