

# DARLENE NEGBENEBOR, M.D., DABIM

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\_\_\_ TULLY CENTER

32 Strawberry Hill Court  
Stamford, CT 06902  
203-276-2000

\_\_\_ DIAGNOSTIC ENDOSCOPY

778 Long Ridge Road, 2<sup>nd</sup> Floor  
Stamford, CT 06902  
203-322-2400

- 1. Take all routine medications up until the night before the test
- 2. Blood pressure medications may be taken on the morning of the test
- 3. HOLD ORAL DIABETIC MEDICATION ON THE MORNING OF THE TEST  
**DISCUSS INSULIN DOSING WITH YOUR ENDOCRINOLOGIST**
- 4. No Aspirin or Anticoagulants such as HEPARIN or COUMADIN for FIVE DAYS prior to your procedure. **IF YOU SEE A CARDIOLOGIST, PLEASE DISCUSS THESE MEDICATIONS WITH THEM.**

APPOINTMENT DATE:	
ARRIVAL TIME:	
PROCEDURE START TIME:	
FOLLOW-UP APPOINTMENT DATE:	

**Please arrive at facility at scheduled arrival time, which will be one hour prior to procedure time**

## CLENPIQ BOWEL PREP FOR COLONOSCOPY

### ON THE DAY BEFORE YOUR TEST:

1. You may drink only clear liquids, avoid **ALL** red or purple colored liquids.  
DO NOT EAT ANY SOLID FOOD OR MILK PRODUCTS UNTIL AFTER YOUR COLONOSCOPY IS COMPLETED.

*Examples of clear liquids:*

*Water, clear broth or bouillon, ginger ale, tonic water, seltzer, tea, coffee (black), jello (not red), clear juice (apple, white grape, white cranberry), frozen juice bar.*

2. Follow the schedule in the table below for your bowel preparation. You may need to get to the toilet right away. You will have multiple bowel movements throughout the day, which will become very watery. The bowels are clean when you are passing only pale yellow fluid without flecks of stool.

*Hydration is important and it's part of the prep. Make sure to hydrate before you take the prep, while you're taking the prep, and after the prep.*

At 6 pm	Drink 1st bottle of Clenpiq. Drink 40 oz (5 cups) of clear liquids.* Finish liquids over the next 5 hours.
6 Hours prior to procedure time	Drink 2nd bottle of Clenpiq. Drink at least 24 oz (3 cups) of clear liquids. Finish liquids 2 hours before your colonoscopy or as advised by your doctor.  <b>DO NOT DRINK ANYTHING ELSE UNTIL AFTER YOUR PROCEDURE</b>

You will need to purchase:

CLENPIQ (Prescription will be provided to you)

**PLEASE BE SURE TO HAVE AN ESCORT TO AND FROM THE PROCEDURE.**