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GASTROENTEROLOGY

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PATIENT INSTRUCTIONS FOR COLONOSCOPY

Name: _____

Date of Exam: _____

Time: _____

If you take any medication that interferes with clotting other than Aspirin please contact the office for instructions.

LOCATION

Carnegie Hill Endoscopy Center 1516 Lexington Ave. NY, NY 10029

PREPARATION

Please provide our office with a number for your pharmacy. A prescription for a **CLENPIQ Kit** will be sent in.

DAY BEFORE EXAM

1. Have a light breakfast until 10 am, avoiding fiber rich foods such as whole wheat bread, fruits and vegetables.
2. You may drink **clear liquids** for lunch and Dinner. Avoid juices with pulp.
3. At 7:00 p.m: Take the first bottle of Clenpiq as per the attached instructions.

DAY OF EXAM

4. At 6:00 am: Take the second bottle of Clenpiq as per the attached instructions
You may drink water up to 2 hours prior to the exam.

PLEASE ARRANGE AN ESCORT TO BRING YOU HOME FROM THE EXAM.



CLENPIQ™

(sodium picosulfate, magnesium oxide, and anhydrous citric acid) Oral Solution

10 mg/3.5 g/12 g per 160 mL bottle

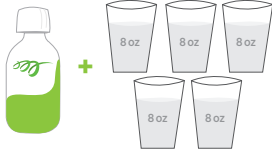
TAKING CLENPIQ

STEPS TO COMPLETE THE PREP

The Split-Dose Regimen

Evening Before

Between 5-9 PM



Drink 40 oz (5 cups) of clear liquids.*
Finish liquids over the next 5 hours.

Morning of

5 hours before procedure



Drink at least 24 oz (3 cups) of clear liquids.
Finish liquids 2 hours before your colonoscopy
or as advised by your doctor.



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.

Prep Assistant Use the prep assistant as a guide for completing your prep.

The time of your colonoscopy is _____:_____

Complete your prep and all hydration by _____:_____

ON THE DAY BEFORE THE COLONOSCOPY, stop eating all solid food and dairy, and start hydrating by drinking clear liquids.



Evening before your colonoscopy

Drink one bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink 5 cups (8 oz each) of clear liquid.
Check off the cups below as you go!



Start: _____:_____

Finish: _____:_____

Morning of your colonoscopy

Drink the other bottle of CLENPIQ
Drink CLENPIQ right from the bottle

Then, keep hydrating
Drink at least 3 cups (8 oz each) of clear liquid.
Check off the cups below as you go!



OR MORE

Start: _____:_____

Finish: _____:_____

*After your first dose, if severe bloating, swelling, or stomach pain occurs, delay the second dose until the symptoms resolve.

Please see reverse page for additional information about CLENPIQ, the importance of a clear liquid diet, and hydration.

INDICATION

CLENPIQ is a prescription medicine used by adults to clean the colon before a colonoscopy. CLENPIQ cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

IMPORTANT SAFETY INFORMATION

- Do not take CLENPIQ if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestines (bowel perforation), a very dilated intestine (toxic megacolon), problems with the emptying of food and fluid from your stomach (gastric retention), or an allergy to any of the ingredients in CLENPIQ.
- CLENPIQ and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts (electrolytes) in your blood. These changes can cause abnormal heartbeats that may result in death, seizures (this can happen even if you have never had a seizure), or kidney problems. Your chance of having fluid loss and changes in blood salts with CLENPIQ is higher if you have heart problems, have kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDs).

See additional Important Safety Information on the back.



CLENPIQ™

(sodium picosulfate, magnesium oxide, and anhydrous citric acid) Oral Solution

10 mg/3.5 g/12 g per 160 mL bottle

READY, SET, COMPLETE THE PREP

What is CLENPIQ?

CLENPIQ is a prescription medicine that cleans your colon. CLENPIQ is ready for you to drink right from the bottle. It does not need to be mixed or diluted. Do not refrigerate or freeze CLENPIQ.

What's in the CLENPIQ box?



Two bottles of CLENPIQ
(5.4 oz each)



An 8 oz cup for drinking
clear liquids



The Patient Medication Guide and the
Instructions for Use for your reference

Start Hydrating

On the day before your colonoscopy, start hydrating by consuming only clear liquids and stop eating all solid foods and dairy.

It's important to hydrate before you take the prep, while you're taking the prep, and after the prep. Follow your doctor's instructions completely.

ACCEPTABLE CLEAR LIQUIDS FOR HYDRATING

Water	Ginger ale and other sodas
Black coffee or tea	Clear juices: such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice bar



LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE PULP, MILK, CREAM, SOY OR NON-DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SEE THROUGH.

**Ready? Set? This video may help you prep.
Hydrate along at www.CLENPIQ.com**

IMPORTANT SAFETY INFORMATION (CONTINUED)

- Your healthcare provider may do blood tests after you take CLENPIQ to check your blood for changes. Tell your healthcare provider right away if you have any of these symptoms resulting from a loss of too much body fluid (dehydration): vomiting, nausea, bloating, dizziness, stomach-area (abdomen) cramping, urinating less often than normal, trouble drinking clear liquids, troubles swallowing, seizures, or heart problems.
- CLENPIQ can cause ulcers of the bowel or bowel problems (ischemic colitis). Tell your healthcare provider right away if you have severe stomach-area (abdomen) pain or rectal bleeding.
- The most common side effects of CLENPIQ include nausea, headache, and vomiting. These are not all the possible side effects of CLENPIQ. Ask your doctor or pharmacist for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying full Prescribing Information, including Medications Guide, also available at www.CLENPIQ.com.