

T. ANN TONNU, M.D., LLC

301-721-1614

9057 Shady Grove Court

Gaithersburg, MD 20877

COLONOSCOPY-CLENPIQ PREPARATION

This procedure has been suggested by your physician to examine the lower portion of your colon and rectum to check for colitis, polyp or tumor. Please strictly follow instructions to clean your bowel.

IMPORTANT: A clean colon will make the examination easier and faster for you. No Advil, Naproxen, Aleve, Ibuprofen 1 week prior to procedure date. Please notify office if you are taking blood thinner products such as Plavix, Coumadin, Eliquis, Pradaxa, Xarelto, etc. so you can get appropriate instructions prior to your procedure.

APPOINTMENTS

ARRIVE on _____

___ Shady Grove Hospital Outpatient Surgery 9901 Medical Center Dr. Rockville, MD 20850

Tel. 301-279-6000

___ Advanced Surgery Center 10110 Molecular Dr., Suite 100 Rockville, MD 20850

Tel. 301-838-0437

DAY BEFORE EXAMINATION

Avoid eating vegetables and seeds 2 days prior to exam

Take 2 tablet of Dulcolax (Buy over the counter at drug store)

Breakfast: Clear liquid plus small portion of porridge, oatmeal or cream of wheat

Lunch: Clear liquid plus soup (cream of celery or tomato) or Ensure

Dinner: **Clear liquid only**

"CLEAR LIQUID" INCLUDE:

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Water
- Clear broth or bouillon (**chicken broth, beef broth**)
- Coffee or tea (without milk or non-dairy creamer)

All of the following that are **NOT** colored red or purple

- Gatorade
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit flavor drinks
- Plain Jello without added fruits or toppings
- Ice Popsicles

7:00 PM

1. Open one bottle and drink entire bottle at room temperature
2. Follow with **five (5)** 8-ounce drinks of clear liquid, taken at your own pace within the next 4 hours, before bedtime.

ABSOLUTELY no solid food is allowed after midnight. Clear liquid is allowed.

DAY OF EXAMINATION

4 hours prior to procedure:

Repeat steps 1 and 2 above in the same manner using the **SECOND** bottle with **three (3)** 8-ounce drinks of clear liquid.

NO LIQUID IS ALLOWED 3 HOURS PRIOR TO SCHEDULED TIME OR YOUR PROCEDURE WILL BE POSTPONED.

1. Arrive for colonoscopy at scheduled time
2. Have someone to drive you back
3. Take all your medications as usual except diabetes medications