



Dr. Sarah Y Boostrom, MD, FACS  
Kristeen Grmela, PA-C  
4708 Alliance Boulevard, Suite 550  
Plano, Texas 75093  
469-800.4770  
469-800 4778 Fax  
ColonRectalSurgeryNT.com

Your colonoscopy is scheduled \_\_\_\_\_. You should check into the facility below at \_\_\_\_\_ For your colonoscopy.

Baylor Surgicare at Plano

1701 Ohio. Dr.

Plano, TX 75093

214-291-3000

North Central Surgical Center

9301 North Central Expwy, Ste. 670

Dallas, TX 75231

214-265-2832

#### CLENPIQ PREP SPLIT DOSE

Please follow these instructions to prepare:

♦♦ For SEVEN DAYS prior to surgery, NO ASPIRIN PRODUCTS. You may take Tylenol.

\*if you are a diabetic or on blood thinning medication such as Plavix, Aspirin, Coumadin, Motrin, Nuprin, Advil or

Other anti-inflammatory drugs, inform the doctor NOW.

\*Prep has been called into your pharmacy.

Starting in the morning the day before your colonoscopy: (You can have breakfast if you are not constipated)

1. Begin a clear liquid diet. This consists of items such as tea, coffee, clear sodas, clear broth, plain jello, apple juice, white cranberry juice, white grape juice, hard candy. Nothing red or purple. No Dairy.
2. That evening (5:00pm-6:00 pm), Drink one bottle of Clenpliq. Then, keep hydrating. Drink 5 cups (8 oz each) of clear liquid. Finish liquids over the next 5 hours.
3. Nothing after midnight except your CLENPIQ the morning of your colonoscopy. (If your scope is later in the day, you may have clear liquids up until 3 hours prior to your colonoscopy.)

The day of your colonoscopy:

1. At three hours prior to your arrival time, drink the other bottle of Clenpiq right from the bottle. Then, keep hydrating. Drink at least 3 cups (8 oz. each) of clear liquid. Finish liquids 3 hours before your colonoscopy.
2. You may take your usual medications with a small amount of water.
3. No Breakfast.
4. Someone will need to come with you to drive you home.

If you have any questions, please call 469-800-4770.