



# COLON AND RECTAL CENTER OF ARIZONA

Adrienne Forstner-Barthell, M.D. 18275 N 59<sup>th</sup> Ave Suite 178 Glendale, AZ 85308 (602) 993-2622 (602) 993-2922 fax  
Tafadzwa Makarawo M.D.  
[www.crcaz.com](http://www.crcaz.com)

*A member of Arizona Associated Surgeons*

## Your Appointment: Check in time & Date

- \_\_\_ St. Joseph’s Hospital Outpatient 240 W. Thomas Rd Phoenix, AZ 85013 / 602-406-3533
- \_\_\_ Boswell Hospital Endoscopy 10401 W. Thunderbird Rd Sun City, AZ 85305 / 623-832-5343
- \_\_\_ Arrowhead Hospital Outpatient 18701 N 67<sup>th</sup> Ave Glendale, AZ 85308 / 602-674-6504
- \_\_\_ Metro Surgery Center 6790 W Thunderbird Road Peoria, AZ 85381 / 623-979-1717
- \_\_\_ Arrowhead Endoscopy and Pain Management Center 18699 N 67<sup>th</sup> Ave Suite 140 Glendale, AZ 85308 / 623-376-8600

### Colonoscopy Bowel Prep Instructions-Clenpiq: **FOR PROCEDURES SCHEDULED AFTER 12PM**

You are scheduled to have a colonoscopy, which requires a thorough cleansing of the colon prior to the procedure. **Your pharmacy should already have your prescription or you should have been given a script for Clenpiq.** The process will require that you follow the instructions listed below very carefully. If you have any problems or questions, please call our office.

- You will be on a **CLEAR LIQUID DIET STARTING THE AFTERNOON BEFORE YOUR PROCEDURE**- You may have a light breakfast (ex: toast, yogurt), but for lunch and dinner you may drink only clear liquids: Gatorade, tea, coffee, apple juice, white grape juice, pop, clear broth, popsicles, plain Jell-O and water. **(NOTHING THAT HAS RED OR PURPLE ARTIFICIAL FOOD COLORING)** NO SOLID FOOD CAN BE CONSUMED UNTIL AFTER YOUR COLONOSCOPY. Consume at least 2 liters of clear liquid throughout the day before starting the Preopik Solution.
- Take the first dose of Clenpiq at           **9PM evening before your procedure**
- Take the second dose of Clenpiq at           **5AM morning of your procedure**
- **Stop taking liquids 6 hours prior to your appointment time.**           AM

The bowel preparation will cause you to have diarrhea – your goal is clear “stools” with little or no particulate matter.

**DO NOT SKIP IMPORTANT MEDICATIONS!** If you normally take your medications in the morning, do so with a small sip of water. **If you are having a colonoscopy through your ostomy, please bring proper supplies like extra bags, wipes, wafers etc.**

**DO NOT TAKE ASPIRIN, IBUPROFEN, BLOOD THINNERS, VITAMINS OR SUPPLEMENTS FOR 7 DAYS BEFORE YOUR COLONOSCOPY UNLESS YOU HAVE CLEARED THIS WITH YOUR SURGEON!** YOUR PROCEDURE MAY BE CANCELLED!

**If you take insulin, do not take any the morning of your scheduled procedure and monitor you glucose/sugar levels closely the day prior while doing the prep for the procedure.**

Because of the anesthetics that you will be given, **you MUST arrange to be accompanied and driven home by a friend or relative after your colonoscopy.** Plan to be at the facility for at least 2 hours. You cannot drive or make legal decisions for the remainder of the day. There should be no traveling via airplane 3 days after.

If you are scheduled for a “**SCREENING COLONOSCOPY**” and the doctor finds/biopsies/removes any polyps, your colonoscopy will be automatically billed as a “**DIAGNOSTIC COLONOSCOPY**”. This may result in a higher patient out-of-pocket expense, depending on your insurance. If you do not understand this, please call the office and ask for the surgery scheduler to help explain or refer to the next page for more information.

**If the doctor takes a biopsy** during the exam, we will call you with the results. If you have not heard from our office within one week, please call us.

If you have any questions or concerns you may call the office at the numbers above or the surgical scheduler. After hours, the office message will refer you to an emergency contact number.

Use only under direction by Dr. Forstner-Barthell or Dr. Makarawo. Copyright Colon and Rectal Center of Arizona, 2016.