

Dr Tesfaye-Clenpiq Method

Belen Tesfaye, MD

Your procedure is scheduled for:

Date: _____

Time: _____

Arrival Time: One hour prior to your procedure time

Your procedure will be performed at: **Bethesda Endoscopy Center:**

Camalier Building

10215 Fernwood Road, Ste. 260

Bethesda, MD 20817

301-530-2800

Please arrange for someone to drive you home after the procedure. You will not be allowed to leave alone if you have any type of sedation. If you have no one to take you home, you may arrange for the following private company to provide service:

Buckley's RMS contact Randy

Phone: 703-390-0535 301-946-8848 202-345-2845 info@buckley4seniors.com

***For questions or schedule changes contact Rockville Internal Medicine Group @ 301-762-5020
ext. 3056***

Note: If you are canceling the night before your procedure, contact the endoscopy center directly and leave a message 301-530-2800 (There is a cancellation fee of 150.00 if you don't give 7 day notice).

If constipated Take an over the counter stool softener 3 days prior to your procedure

Preparations for the Colonoscopy

1. Pick up your rx for Clenpiq from the pharmacy
2. Purchase 1 bottle of Miralax
3. Purchase at least 4-5mg tables of Dulcolax

Part 1- The Day Before: Starting at 10am

Step 1- At 10am- Take 2 Dulcolax tablets and add 3 scoops of Miralax to 8oz of water and drink

Step 2- At 5pm- Drink one bottle of ClenPiq right from the bottle

Step 3: At 7pm - Take 2 Dulcolax tablets and add 3 scoops of Miralax to 8oz of water and drink

Step 4: Keep hydrating, drink 5 cups (8oz each) of clear liquids

Part 2- The Day of Your Procedure.

Step 1- 5 HOURS BEFORE your procedure drink the other bottle of Clenpiq right from the

bottle **Step 2:** Keep hydrating; drink at least 3 cups (8oz each) of clear liquid

**Nothing by mouth 3 hours before your procedure includes water, gum, candy, mints
otherwise your procedure will be canceled or delayed**

DIET/CLEAR LIQUID LIST- SEE ATTACHED

MEDICATION INSTRUCTION SHEET- SEE ATTACHED

