**Clenpiq**® **Instructions**

**PLEASE READ ALL INSTRUCTIONS AHEAD OF THE PROCEDURE DATE.**

**CALL OUR OFFICE IF YOU HAVE QUESTIONS / CONCERNS: 985-446-1958**

### \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

You will need to get your prescription for the **Clenpiq**® **Bowel Prep Kit** filled at the pharmacy ahead of time. The kit will include 2 bottles of oral solution.

**\*\*PLEASE NOTIFY YOUR PHYSICIAN IF YOU HAVE KIDNEY DISEASE OR KIDNEY PROBLEMS.\*\***

### \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

|  |  |  |
| --- | --- | --- |
| **2 days prior to procedure** | **1 day prior to procedure** | Digestive-Health-Center-logo**Day of procedure** |
| No nuts or seeds | Start Clear Liquid Diet & Begin Prep | Arrive at scheduled time |

### \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

### DIET

### Two days before your procedure, do not have any nuts or seeds as they are digested slowly.

### The day before the procedure, remain on a clear liquid diet all day.

### This includes any liquid, which when held up to a light, can be seen through.

## Examples:

* Broths and Bouillons
* Fruit Juices (apple, grape, white cranberry, tang, strained lemonade / orange juice)
* Beverages such as coffee (NO milk/creamer), tea, carbonated beverages (soda/cola)
* Dessert such as popsicles, Jell-O, honey, syrup

### \*\*No liquid that contains RED or PURPLE dye, MILK, or ALCOHOLIC BEVERAGES allowed\*\*

**\*\*Drink plenty of clear liquids to avoid dehydration.\*\***

Do not eat/drink anything after midnight the night before your procedure except as instructed below:

### \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

### Clenpiq® BOWEL PREP KIT INSTRUCTIONS – DAY BEFORE PROCEDURE

**\*\*Please disregard the instructions that are inserted in the kit.\*\***

**8:00 AM: Begin drinking an 8oz CUP OF WATER EVERY HOUR** (64oz total prior to starting dose #1)

 **This step is very important to ensure that you are properly hydrated for your procedure**.

 To track your progress, check off a blank to record each completed cup: **\_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_**

**DOSE #1: 5:00 PM**

1. Drink ALL the liquid in the container.
2. You MUST drink 5 more 8 oz cups of water (upper line of measuring cup) to total 40 oz of water over the next 5 hours (approximately one cup per hour). Check off each cup: **\_\_ \_\_ \_\_ \_\_ \_\_**

**DOSE #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Drink all of bottle #2
2. You MUST drink at least 3 more 8 oz cups of water over the next 1 hour.

Check off each cup: **\_\_ \_\_ \_\_**