



## Clenpiq Bowel Prep Instructions

**\*\*\*Read All Instructions Upon Receipt\*\*\***

**Medications:** If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication. Stop all Stool Formers, Vitamins and Iron 5 days prior to your appointment. Take all other morning medication with a small sip of water at least 3 hours prior to your arrival time.

**Diabetics on Diabetic Medication:** If you are a diabetic, please see diabetic instructions.

**Foods:** 2 days prior to appointment stop eating the following foods – nuts, seeds and raw vegetables. The day before your appointment you should only eat/drink clear liquids, no milk or milk products and nothing red or purple.

**Upon awakening, the day before your procedure, start a clear liquid diet.** See attached list of sample liquid diet for Non Diabetics.

### Prep:

***At 5:00 PM, the day before your appointment, begin drinking the 1<sup>st</sup> dose of Clenpiq***

- Drink one (1) bottle of Clenpiq right from the bottle
- Then, keep hydrating – Drink five (5) cups of clear liquid – total of 40 ounces over the next five (5) hours
- Continue clear liquid diet as above (NO SOLID FOOD)

***Five (5) hours prior to your arrival time, drink the second dose of Clenpiq***

- Drink the second bottle of Clenpiq right from the bottle
- Then, keep hydrating – Drink three (3) cups of clear liquid – total of 24 ounces over the next hour
- **You must stop drinking water at least three (3) hours prior to your arrival time. If you take morning medications, take them when you finish the prep. They must be taken at least three (3) hours prior to your arrival time. Do not chew gum or tobacco.**

**Transportation:** Bring someone with you that can safely drive you home. No Taxi's, Uber or Public Transportation allowed.

**Cancel or Reschedule:** Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.

**Call 210-614-1234 if you have any questions**