

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	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

- **Drink ALL the liquid in the container.**
- **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: _____

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

Check off each cup: