

### **Clenpiq Cleansing Preparation**

Your procedure is scheduled on: \_\_\_\_\_, at \_\_\_\_\_, with Dr. \_\_\_\_\_ arrival time: \_\_\_\_\_

Please pick up your Clenpiq Prep kit from your pharmacy within the next 3-5 days.

One week prior to your procedure do not eat any nuts, dried fruit, fruit or vegetables with seeds, corn, popcorn or raw vegetables.

#### **DAY BEFORE YOUR PROCEDURE:**

1. Clear liquid diet for breakfast, lunch and dinner - NO SOLIDS. (Examples: water, clear fruit juices, clear soda, coffee, tea, plain gelatin, clear broth, popsicles and hard candy. (No red, purple or blue).
2. 5:00 PM drink 1 bottle of the Clenpiq (directly from bottle).
3. Drink at least 40 ounces (5 cups) of clear liquids over the next 5 hours. Keep hydrating.
4. It is very important to continue fluid intake, please make sure to continue to drink clear fluids in addition to your prep.

#### **DAY OF PROCEDURE:**

1. Take all morning medication 30 minutes prior to starting your prep. Remember: NO SOLID FOODS.
2. Five hours prior to leaving your home, drink 2 bottle of Clenpiq (drink directly from bottle)
3. After drinking the Clenpiq, drink at least an additional three - 8 ounces of clear liquids at a rate that is comfortable for you.
4. Stop drinking all liquids at least 2 hours prior to leaving your home.

\* If you have difficulty with your evening or early morning prep, please visit our website [gastrocentralva.com](http://gastrocentralva.com) and look at the Frequently Asked Questions (FAQ). If you still need assistance you can reach our on-call physician by calling the answering service at (434) 845-9516.