

Center for Digestive Disease

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CLENPIQ INSTRUCTIONS

PLEASE FOLLOW THESE INSTRUCTIONS RATHER THAN THE INSTRUCTIONS ON THE BOX

PLACE OF PROCEDURE _____ DATE OF PROCEDURE _____

ARRIVAL TIME _____

PLEASE NOTE FACILITY WILL CONFIRM YOUR PROCEDURE, THE ARRIVAL TIME MAY BE ADJUSTED

TWO WEEKS PRIOR TO YOUR SCHEDULED PROCEDURE STOP TAKING PRESCRIBED WEIGHT LOSS MEDICATION, OR YOUR PROCEDURE WILL BE CANCELLED

FIVE DAYS BEFORE PROCEDURE _____

Stop taking PLAVIX, COUMADIN, IRON, VITAMIN E AND FISH OIL AND OTHER OIL BASED SUPPLEMENTS unless told otherwise advised by your provider.

Fill your prescription for the CLENPIQ.

THE DAY BEFORE THE PROCEDURE _____

Wake up and start a CLEAR LIQUID diet. Hydration is part of your prep! Drink 8-oz. of CLEAR LIQUIDS every hour throughout the day before you start the prep. (List of CLEAR LIQUIDS on the back.)

Avoid: Red or Purple liquids, Milk and Dairy products, ALCOHOL and SOLID FOODS.

At 4:00pm take the first dose of Clenpiq:

1. Open one bottle of Clenpiq. DO NOT refrigerate, freeze, or pour over ice. Drink immediately.
2. Follow with at least three (3) 8-oz. drinks of CLEAR LIQUIDS. KEEP DRINKING CLEAR LIQUIDS UNTIL YOU GO TO SLEEP.

At 8:00pm take the second dose of Clenpiq:

1. Open second bottle of Clenpiq. DO NOT refrigerate, freeze, or pour over ice. Drink immediately.
2. Follow with at least three (3) 8-oz. drinks of CLEAR LIQUIDS.

KEEP DRINKING CLEAR LIQUIDS UNTIL YOU GO TO SLEEP.

THE DAY OF THE PROCEDURE _____

No water, no gum, no candy, no tobacco, etc.

NOTHING by mouth FOUR HOURS prior to the procedure.

YOU MUST HAVE SOMEONE RESPONSIBLE AND OVER THE AGE OF 18 TO DRIVE YOU HOME, AS YOU WILL BE SEDATED FOR YOUR PROCEDURE.

YOU WILL NOT BE PERMITTED TO HAVE YOUR PROCEDURE PERFORMED WITH ANY TYPE OF ANESTHESIA WITHOUT A RESPONSIBLE RIDE.

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. NO RED or PURPLE LIQUIDS should be consumed.

CLEAR LIQUIDS:

- Water (Plain or flavored), tea and coffee (*no milk, no creamer or other dairy*)
- Clear chicken broth and consommé
- Apple juice and white grape juice
- Lemonade and limeade (*no pulp*)
- Sprite, 7-up and ginger ale
- Gatorade, Powerade and Kool-Aid (*no red or purple coloring*)
- Jell-O and ice popsicles (*no red or purple coloring, no fruit or pulp, no dairy*)
- Coconut water (*no coconut milk*)
- Pedialyte

NO SOLID FOODS: NO meats, NO vegetables, NO dairy, NO grains and starches.

NO JUICES WITH PULP: NO orange juice, NO vegetable juices, NO nectars, NO smoothies.

PLEASE ALLOW AT LEAST THREE DAYS NOTICE TO CANCEL OR RESCHEDULE ANY PROCEDURES.

FOR QUESTION'S CALL the office at 936-321-5440