

# DDA | DIGESTIVE DISEASE ASSOCIATES

CLENPIQ Prep Instructions

Date of Procedure \_\_\_\_\_

**Please follow these instructions and NOT the instructions on the Clenpiq box**

**If your arrival time is BEFORE 11:45am please follow these instructions**

**1 Day prior to your procedure -**

1. NO SOLID FOOD OR DAIRY! CLEAR LIQUIDS ONLY ENTIRE DAY
2. Please read the document titled "Day before your procedure". This provides a list of acceptable liquids.
3. **5:00PM - Drink the entire first bottle of CLENPIQ right from the bottle.**
4. Drink at least five 8 oz glasses of a clear liquid over the next 5 hours.
5. Stay on clear liquids.
6. **11:00pm - Drink the entire second bottle of CLENPIQ right from the bottle.**
7. Drink at least five 8oz glasses of clear liquid over the next **3** hours.
8. **NOTHING BY MOUTH** after the clear liquids in step 7 are complete. **NOT EVEN WATER!** If you take blood pressure, heart, seizure or anxiety meds in the morning, please take them **at least 2 hours** prior to your arrival. Please take them with only a sip of water. All other meds can be held until after the procedure.

**If your arrival time is AT OR AFTER 11:45am please follow these instructions.**

**1 Day prior to your procedure -**

1. REPEAT ABOVE STEPS #1-5.
2. **5:00AM - Drink the entire second bottle of CLENPIQ right from the bottle.**
3. Drink at least five 8oz glasses of clear liquid over the next **2** hours.
4. **NOTHING BY MOUTH** after the clear liquids in step 7 are complete. **NOT EVEN WATER!** If you take blood pressure, heart, seizure or anxiety meds in the morning, please take them **at least 4 hours** prior to your arrival. Please take them with only a sip of water. All other meds can be held until after the procedure.

**Please be advised** - 2-5 days prior to the procedure you will get a MyChart message titled "Procedure Reminder/Read Entire Message". This will provide you with your arrival time which is usually 1 hour prior to your scheduled procedure. If you do not get the message please call us at **203-481-0315** . Leave a message and someone will get back to you ASAP.