

## **Gastro Health – Woodbridge Route 1**

14904 Richmond Hwy., Suite 103, Woodbridge, VA 22191 • 703-497-4222 • GastroHealth.com/Woodbridge-Route-1

### **CLENPIQ**

**\*Please get your prescription filled at the pharmacy at least one week prior to your colonoscopy\***

#### **2 DAYS PRIOR**

Please avoid fruits with seeds and vegetables for examples: beans, corn, zucchini, squash, broccoli, and celery.

#### **DAY BEFORE TEST**

Start a clear liquid diet after a light breakfast such as eggs and toast the day before your exam (DO NOT CONSUME ANY DAIRY PRODUCTS, SEEDS, NUTS OR GRANOLA).

#### **CLEAR LIQUID DIET LIST**

Soft drinks (orange, ginger ale, cola, sprite, 7-up, Gatorade, Kool Aid-avoid red colors)

Strained fruit juices, NO PULP

Water, tea, coffee (no milk or non-dairy creamer, you may use sugar or honey)

Low sodium chicken or beef bouillon or broth

Hard candies, Jell-O or Popsicles (avoid red colors), lemon and coconut sorbet, Italian ice (lemon)

#### **First Dose:**

At 5:30PM the day before the test follow the steps below:

1. Pour ONE (1) 6-ounce bottle of CLENPIQ liquid into the mixing container
2. Add cool drinking water to the 16-ounce line on the container and mix
3. Sip the solution slowly over a 30minute period-DO NOT DRINK QUICKLY
4. You must drink an additional two more (2) 16-ounce containers of water within the next 1 hour.

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT FOR YOUR SECOND DOSE OF PREP**

#### **Second Dose:**

At 11PM repeat steps 1-4 above with the second bottle of CLENPIQ liquid

#### **DAY OF TEST**

You may take your regular medication with a sip of water as long as it is 6 hours prior to your scheduled colonoscopy time.

Appointment Date: \_\_\_\_\_

Location: \_\_\_\_\_

**\*\*NOTHING TO EAT OR DRINK 6 HOURS PRIOR TO YOUR PROCEDURE\*\***

**(THIS INCLUDES WATER)**

**YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM PROCEDURE!**

**\*\*There is a \$200 fee if 3-business days are not provided when rescheduling or cancelling procedures\*\***

**(This is not payable by your insurance)**