

## **Clenpiq Method**

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**Your procedure is scheduled for:**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**Avoid any food containing seeds, nuts or popcorn 1 week before your procedure.**

Your procedure will be performed at: **Bethesda Endoscopy Center:**

**Camalier Building**

**10215 Fernwood Road, Ste. 260**

**Bethesda, MD 20817**

**301-530-2800**

Please arrange for someone to drive you home after the procedure. You will not be allowed to leave alone if you have any type of sedation. If you have no one to take you home, you may arrange for the following private company to provide service:

Buckley's

Phone: 703-390-0535

[info@buckley4seniors.com](mailto:info@buckley4seniors.com)

RMS contact Randy

301-946-8848 202-345-2845

For questions or schedule changes contact Rockville Internal Medicine Group @ 301-762-5020 ext. 3056

**Note: If you are canceling the night before your procedure, contact the endoscopy center directly and leave a message 301-530-2800 (There is a cancellation fee of 150.00 if you don't give 48 hour notice).**

**If constipated Take an over the counter stool softener 3 days prior to your procedure**

### **Medications:**

- If possible, stop Aspirin, Advil, Motrin, and Ibuprofen, fish oil, iron supplements and Aleve 7 days before the procedure. Tylenol (acetaminophen) is ok to take. If by mistake you take any of these meds in the week before the procedure, there is no need to call the doc or cancel the procedure. We will do the procedure anyway.
- If you are taking blood thinners like Coumadin (warfarin), Xarelto, Pradaxa, Lovenox, Plavix (clopidogrel), Aggrenox (or any others) you need to discuss the management of these ahead of time with your endoscopist.

- You can take blood pressure medicines the day of the procedure as long as you take them 3 hours before your arrival time.
- If you take diabetes medications, take a ½ dose of your medications. You must discuss the management of these with your endoscopist or your prescribing physician ahead of time to decide on the timing of the doses.

### **Preparations for the Colonoscopy**

#### **THE DAY BEFORE:**

\*If your procedure is scheduled in the morning, you **may have nothing but clear liquids** the entire day prior no exceptions. (see page 3 for acceptable clear liquids)

\***ONLY** If your procedure is scheduled in the AFTERNOON, you **may have a light breakfast before 10 am the day before** this includes..... 2 boiled eggs, tofu, white bread or toast with seedless jelly coffee/tea NO creamer or dairy NO butter or butter substitutes (Nothing but clear liquids after breakfast). (see page 3 for acceptable liquids)

#### **NO DAIRY PRODUCTS!!**

Clenpiq Kit (prescription is needed).

#### **Part 1- The Day Before:**

First Dose: between 4-5pm the evening before your

**Step 1:** Drink one bottle of ClenPiq right from the bottle

**Step 2:** Keep hydrating, drink 5 cups (8oz each) of clear liquids

#### **Part 2- The Day of Your Procedure.**

**5 HOURS BEFORE your procedure time you repeat the same steps as part 1.**

**Step 1:** Drink the other bottle of ClenPiq right from the bottle

**Step 2:** Keep hydrating, drink at least 3 cups (8oz each) of clear liquid

**Nothing by mouth 3 hours before your procedure includes water, gum, candy, mints etc.**

**\*Regardless of weight/ size, all patients take the same dose of prep.**

## **ACCEPTABLE CLEAR LIQUIDS**

**Water**

**Clear soft drink (ginger ale, tonic, Gatorade, etc.)**

**Tea/ Coffee**

**Clear Broth (Vegetable, Beef or Chicken)**

**Jell-O (stay away from red, blue or purple colors)**

**Orange juice without pulp is okay to have the day before the procedure, but NOT the morning of the procedure**

**Dietary Supplements (Ensure, Sustecal, Enlive, Boost-stay away from chocolate flavor)  
These are okay to have the day before the procedure, but not the morning of the procedure.**