

## CLENPIQ INSTRUCTIONS

### DAY BEFORE YOUR EXAM:

**Do not eat any solid food.** Clear liquid diet **only**\* and be sure to **hydrate throughout the day.**

\*Clear Liquids CANNOT be Red, Purple, or Blue. NO Dairy products.

### Dose 1 - 5pm the day before your exam.

Start prepping both bowel prep doses (**For best taste, the prep should be refrigerated for 1 hour. Start prepping your doses at 5pm and begin drinking your first dose at 6pm**)

- Step 1: At **6pm**, retrieve one bottle from the fridge. Drink 1 bottle of solution as tolerated until the bottle is empty.
- Step 2: Drink an additional (5) 8oz glasses of water during the evening **whenever you feel comfortable.**

**\*\*If nausea, bloating or abdominal cramping occurs during either dose, pause or slow the rate of drinking the solution and additional water until symptoms diminish.\*\***

### Dose 2 - Start 5 hours before your procedure arrival time\*

\*The facility will give you this time by 6pm the evening before your test.

- Step 1: Retrieve your second bottle from the refrigerator.
- Step 2: Drink 1 bottle of solution as tolerated until the bottle is empty.
- Step 3: Drink an additional (4) 8oz glasses of water during the morning **whenever you feel comfortable.**
- Step 4: **Continue a clear liquid diet until 3 hours before your arrival time.**
- Your stool should be a clear yellow liquid. The colon must be cleared of all solid matter so that the doctor can see clearly. If your colon is not clean your exam may be canceled.
- The morning of your procedure, please take all of your normally scheduled prescription medications unless instructed otherwise by your provider.

**If you have any questions regarding these instructions, contact Centers for Digestive Health  
(219) 922-4900 Option (3)**