



**Clenpiq** - Clenpiq comes with two 5-oz bottles of solutions and an 8oz drinking cup.

- It is important to NOT USE alcohol, marijuana, medical marijuana, narcotics, pain medications (prescribed or otherwise), and any form of illicit drugs (prescribed or otherwise) the day before and the day of the procedure
  - It is important to NOT USE tobacco products the day of the procedure
- \*\*\* If you do not avoid these items, then your procedure will be cancelled. \*\*\*

## The day before the procedure

- No Solid foods, just clear liquids
- Start the prep solution between 2 and 4 pm
- Drink the entire contents of one bottle of Clenpiq all at once
- Over the next 5 hours you must drink at least five more 8oz glasses or water or clear liquid
- Continue the clear liquid diet until midnight
- **Do not eat or drink anything after midnight except your 2<sup>nd</sup> dose of prep 5 hours prior to your arrival – no candy, gum, mints, water, ice, etc.**

## The day of your procedure

- **5 hours before your arrival time:**
  - Drink the entire contents of the second bottle of Clenpiq all at once followed by three 8oz glasses of water or clear liquid.
  - **Take 2 Gas X tablets by mouth.**
  - Finish all of these within an hour. This is also the time to take any medications your physician has directed you to take the morning of the procedure.
  - **Do not eat or drink anything after this time – no candy, gum, mints, water, ice, etc.**
- If you use inhalers, take your usual morning dose and bring the inhalers with you.
- Bring the completed health questionnaire including medications, picture ID, and insurance cards.
- Bring a copy of your living will, if you have one.
- Bring reading glasses if you need them.
- Take a shower the morning of the procedure. You may wear deodorant. Do not apply lotion or powder to your chest area. Bring a pair of warm socks for your feet.
- You must have a responsible adult over 18 years to drive you home after your procedure.
- When you arrive at Seaside Endoscopy Pavilion, please call (302) 644-3852 from your car to let the center know you have arrived.
- Please ask your driver to remain within 10 minutes of the facility while you are in the center, to return to the facility's parking lot within 1 hour of your entering the center, and to be prepared to answer a phone call when you are finished with your procedure.