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PATIENT NAME: _____

DATE OF PROCEDURE: _____ ARRIVAL TIME: _____ FACILITY: OFFICE

AVOID aspirin/aspirin products, Advil/Motrin/Aleve/Ibuprofen, Vitamin E (multi-vitamins w/E), fish oil, flaxseed oil or foods with SEEDS for 5-7 days prior to procedure. (Tylenol and acetaminophen products are okay.)

****YOU must consult your prescribing physician about stopping: Coumadin, Plavix, Pradaxa, Eliquis, or Xarelto, prior to a procedure if you take these medications or a generic equivalent.**

****YOU must consult your prescribing physician about diabetic medication and insulin dosages prior to a procedure if you are a diabetic.**

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME THE DAY OF PROCEDURE. NO DRIVING FOR THE REST OF THE DAY! YOU SHOULD HAVE ADULT SUPERVISION FOR 12-24 HOURS AFTER THE PROCEDURE.

FOR 3-5 DAYS PRIOR TO PREP DAY, PLEASE DRINK 64OZ OF FLUID EACH DAY. THIS HYDRATES YOUR BODY AND MAKES THE CLEANSE MORE EFFECTIVE.

The DAY BEFORE YOUR COLONOSCOPY:

For breakfast, lunch and dinner (until **midnight**), *****CLEAR LIQUIDS ONLY*****. This includes: broth, tea, coffee(without milk), Gatorade, Crystal Lite, ice pops, soda, apple juice, white grape juice, tap or bottled water, yellow or green Jell-O. It is also important to drink broth for salt intake and juice or soda for the sugar intake. **Avoid items with artificial red dye, dairy, or alcohol.**

CLENPIQ ('clean pick') PREP

☐ 2 day regimen (ie, 6PM/6AM) ☐ 1 day regimen (ie, 4PM/10PM)

CLENPIQ LIQUID, **BOTTLE 1.** Start at _____ am/pm the day before the procedure.

Step 1. Drink one bottle of CLENPIQ. You can drink this right from the bottle.

Step 2. Within the next 5 hours, you **must** drink **5** additional 8oz (1 cup) of clear liquids. Check off each drink as you finish: **[1] [2] [3] [4] [5]**

CLENPIQ LIQUID, **BOTTLE 2.** Start at _____ pm the day before / am the day of the procedure.

Step 1. Drink one bottle of CLENPIQ. You can drink this right from the bottle.

Step 2. Within the next 2 hours, you **must** drink **3** additional 8oz (1 cup) of clear liquids. Check off each drink as you finish: **[1] [2] [3]**

YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UNTIL 4 HOURS PRIOR TO THE ARRIVAL TIME; NOTHING TO EAT OR DRINK UNTIL AFTER THE PROCEDURE.