

# CLENPIQ (THE SHORT STORY)

## ONE WEEK BEFORE THE PROCEDURE

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- Arrange for a DRIVER.
- Stop taking IRON, CHARCOAL, and PEPTO BISMOL.
- If you take BLOOD THINNERS, contact your prescribing doctor for instructions on dosing management.
- Go to the pharmacy and grocery store to pick up:
  - Preparation solution
  - Miralax OTC or generic polyethylene glycol 3350 (one 238 gram bottle)
  - Clear liquids and low residue foods for the days before the procedure
  - Baby wipes with aloe and/or diaper rash cream
- Begin taking Miralax 1 capful mixed in 8 oz. of fluid twice daily during the week prior to the procedure.

## THREE DAYS BEFORE THE PROCEDURE

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- Stop eating any high residue foods (ex. popcorn, seeds, nuts, raw fruits and vegetables) — nothing that can crunch in your mouth!

## DAY BEFORE THE PROCEDURE

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- BREAKFAST = you may have white food with close to zero fiber (ex. cheese, egg, vanilla yogurt, white bread, chicken) before 10 a.m..
- LUNCH AND DINNER = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles) after 10 a.m.. No red or purple liquids!
- 6:00 P.M.
  - Drink the first 5.4 oz. bottle of preparation solution.
  - Then drink at least 40 oz. of additional clear liquids within the next 5 hours.

## MORNING OF YOUR PROCEDURE

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- 4 hours before you plan on leaving for your procedure:
  - Drink the second 5.4 oz bottle of preparation solution.
  - Then drink at least 24 oz. of additional clear liquids within the next 2 hours.
    - You MUST FINISH the final glass of clear liquid AT LEAST THREE HOURS BEFORE YOUR PROCEDURE!
- 3 hours before your scheduled procedure time:
  - Absolutely nothing more to eat or drink!
- 40 minutes before your scheduled procedure time:
  - Check in at **40 Skokie Boulevard in Northbrook, Suite 110.**

IF YOU HAVE ANY FURTHER QUESTIONS OR NEED MORE DETAILS, PLEASE REFERENCE THE "LONG STORY".



COMPREHENSIVE  
GASTROINTESTINAL HEALTH