**IMPORTANT FOR YOUR OWN SAFETY**

**INSTRUCTIONS MUST BE FOLLOWED OR YOUR PROCEDURE WILL BE RESCHEDULED!**

**ITEMS YOU WILL NEED:**

* **Clenpiq Prescription** (to be filled at your pharmacy)
* **Miralax** (over the counter)
* **Full and Clear liquids** including broth and/or Gatorade (see list on back page).

**5 DAYS PRIOR TO YOUR PROCEDURE STOP THE FOLLOWING:**

* Oil Capsules & Iron Supplements (Ferrous Sulfate)

**HOLD BLOOD THINNING MEDICATION DAYS PRIOR TO YOUR PROCEDURE**

* After getting approval from prescribing physician discontinue all blood thinning medications (Aggrenox, Arixtra, Coumadin, Effient, Pradaxa, Warfarin, etc.)

**MEDICATIONS YOU ARE REQUIRED TO TAKE**

* Diabetes medication (oral or injection) - take one half the usual dose the day prior to procedure **Omit Diabetes medication day of procedure.**
* Heart, Blood Pressure, Seizure, Asthma medications must be taken 4 hours prior to your scheduled procedure time with a sip (less than 1 oz) of **clear liquid.**

**TWO DAYS PRIOR TO YOUR PROCEDURE: Full and Clear liquids only - NO SOLID FOOD**

* At 6:00pm drink 6 capfuls of Miralax mixed with 48 ounces of juice or water and drink within 1 hour.

**ONE DAY PRIOR TO YOUR PROCEDURE: Clear liquids only - NO SOLID FOOD**

* Around 5pm on the evening before your procedure complete steps 1-3
  1. Drink 1st bottle of Clenpiq (no need to dilute)
  2. Drink 40oz (5 cups) of clear liquids
  3. Finish liquids over the next 5 hours

**MORNING OF PROCEDURE**

* 5 hours before your procedure complete steps 1 through 3
  1. Drink 2nd bottle of Clenpiq (no need to dilute)
  2. Drink at least 32oz (4 cups) of clear liquids.
  3. Finish liquids 4 hours prior to your procedure
* **NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE**
* **SOMEONE ELSE MUST BE AVAILABLE TO DRIVE YOU HOME**
* **PLEASE NOTIFY OUR OFFICE IF THERE HAS BEEN A CHANGE IN YOUR HEALTH OR MEDICATIONS SINCE SCHEDULING PROCEDURE**

Nothing by mouth after \_\_\_\_\_\_\_\_\_\_ day of exam

**OVER**

**APPROVED FULL LIQUIDS – ONLY 2 DAYS PRIOR (NO ALCOHOL)**

* Strained cream soups
* Milk
* Ice Cream / Milkshakes (vanilla or chocolate)
* Pudding
* Yogurt (without fruit)
* Instant Breakfast Drinks
* Ensure

**APPROVED CLEAR LIQUIDS (NO ALCOHOL)**

* Fruit juices without pulp (apple, grape, cranberry, etc.)
* Coffee or Tea (without milk or non-dairy creamer.)
* Jell-O (No **RED** Jell-O)
* Clear broth or bouillon (beef or chicken.)
* Sport Drinks (Gatorade, Powerade, etc.)
* Kool-Aid
* Soft Drinks (all Pepsi & Coke products.)
* Popsicles
* Ensure **CLEAR**
* Water

**ALCOHOLIC BEVERAGES ARE DISCOURAGED!**