

# Clenpiq Prep Instructions

## Nuvance Health Medical Practice Gastroenterology

**Blood thinners:** (If applicable) Please contact your prescribing physician two weeks before your procedure to ask how long you can be off your blood thinner medication(s) before your procedure.

**Insulin dependent diabetics:** (If applicable) Please contact your prescribing physician two weeks before your procedure for direction on insulin dosing for the procedure.

Please follow a low-residue diet for 3 days prior to your procedure. Please avoid raw fruits and vegetables, as well as whole grains, nuts, and seeds. **(See attached instructions for diet guidelines.)**

### Day before the procedure:

- **Drink clear liquids ONLY.** (The more you drink, the better the prep will be)  
**NO FOOD**
  - **Examples of clear liquids:** Powerade, Gatorade, bouillon, broth, consommé, black tea, black coffee, apple juice, white grape juice, white cranberry juice, Crystal Light, water, Italian ice, popsicles, sorbet or jello. **Nothing red or purple. No milk or cream.**

Beginning at 6 pm the night before:

- STEP 1: Drink one 5.4 oz bottle of Clenpiq.
- STEP 2: Follow with five (5) 8 ounces of clear liquid taken at your own pace within the next 5 hours before bed.

### Day of procedure:

- **Beginning 5 hours before the procedure:**
- STEP 1: Drink one 5.4 oz bottle of Clenpiq.
- STEP 2: Follow with three (3) 8-ounce drinks of clear liquid over the next hour.
- **DO NOT** take diabetic pills or diuretics (water pills) the morning of the procedure.
- Nothing by mouth 2 hours before arrival.

**You will need a responsible driver (18 years of age or older) to drive you home. No UBER or LYFT. You will not be allowed to drive yourself home.**

**Expect to be here for 90 minutes to 2 hours.**

# Nuvance Health Medical Practice Gastroenterology Locations

## Connecticut

- **Duracell Center for Ambulatory Surgery at Danbury Hospital**  
24 Hospital Avenue, 4<sup>th</sup> Floor Strook, Danbury, CT (203) 739-7038
- **Frank J. Kelly Medical Arts Center**  
111 Osborne Street, 2<sup>nd</sup> Floor, Danbury, CT (203) 739-7038
- **Danbury Surgical Center**  
73 Sandpit Road, Danbury CT (203) 739-7038
- **New Milford Hospital**  
21 Elm St. 2<sup>nd</sup> Floor, New Milford, CT (203) 739-7038
- **Norwalk Surgical Center**  
40 Cross Street, Unit 120, Norwalk, CT (203) 852-2278
- **Norwalk Hospital GI Lab,**  
34 Maple Street, 5<sup>th</sup> Floor, Norwalk, CT 06850 (203) 852-2278

## New York

- **Putnam Hospital**  
670 Stoneleigh Avenue, Carmel, NY (203) 739-7038
- **Putnam Barns - Putnam GI, LLC**  
667 Stoneleigh Center, Barns Office Center, Building A, Suite 204, Carmel, NY (203) 739-7038
- **Fishkill Asc.**  
200 Westage Business Center Drive, Bldg C, 3<sup>rd</sup> floor, Suite 330 Fishkill, NY 12524  
(203) 739-7038
- **Vassar Brother's Medical Center**  
45 Reade Place Poughkeepsie, NY 12601 (845) 876-3003
- **Northern Dutchess Hospital**  
6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003