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.

If you’re on certain medications called GLP-1 agonists, you will follow the below instructions for your procedure. GLP-1 agonists include:

- Dulaglutide (Trulicity)
- Exenatide extended release (Bydureon bcise)
- Exenatide (Byetta)
- Semaglutide (Ozempic, Rybelsus, Wegovy)
- Liraglutide (Victoza, Saxenda)
- Semaglutide (Rybelsus)
- Tirzepatide (Mounjaro, Zepbound)

GLP-1 Agonists: (If applicable) Patients taking GLP-1 agonists daily – Hold on the day of the procedure. Patients taking GLP-1 agonists weekly – Hold for 1 week prior to 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.
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, 4th Floor Strook, Danbury, CT (203) 739-7038

- **Frank J. Kelly Medical Arts Center**
  111 Osborne Street, 2nd Floor, Danbury, CT (203) 739-7038

- **Danbury Surgical Center**
  73 Sandpit Road, Danbury CT (203) 739-7038

- **New Milford Hospital**
  21 Elm St. 2nd 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, 5th Floor, Norwalk, CT 06850 (203) 852-2278

New York

- **Putnam Hospital**
  670 Stoneleigh Avenue, Carmel, NY (845) 876-3003

- **Fishkill Asc.**
  200 Westage Business Center Drive, Bldg C, 3rd floor, Suite 330 Fishkill, NY 12524 (845) 876-3003

- **Vassar Brother’s Medical Center**
  45 Reade Place Poughkeepsie, NY 12601 (845) 876-3003

- **Northern Duchess Hospital**
  6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003