



## Colon, Stomach & Liver Center | Loudoun Endoscopy Group

Satinder Gill, MD | Hiwot Desta, MD  
Colleen Nappi, CFNP | Ndeye Kone, PA-C  
19455 Deerfield Avenue, Suite 201 | Lansdowne, VA 20176  
(P) 703.723.3670 | 703.723.8336  
Loudounslcenter.com

## Clenpiq Prep Instructions

### Patient Information:

Patient Name:

Date of Birth:

Physician:

### Appointment Details:

Date of Procedure:

Procedure Time:

Registration Time:

### Location of Procedure:

**Loudoun Endoscopy Group:** 19455 Deerfield Avenue, Suite 201, Lansdowne, VA 20176  
*Phone: 703.723.3670 (Procedure Coordinator: Ext 206)*

**INOVA Loudoun Hospital:** 44045 Riverside Parkway, Lansdowne, VA 20176  
*Phone: 703.858.6000*

**South Entrance: Registration at the end of the hall on the left**

### Transportation Policy:

You will be under sedation, which will make it unsafe for you to drive following your exam. Therefore, you must have someone available to drive you home. A taxi or a bus is not an appropriate form of transportation from our facility. However, we offer a list of services at your request.

### Cancellation Policy:

If you cancel or reschedule your procedure, within five (5) business prior to the procedure, there may be a \$200 fee.

## INSTRUCTIONS:

**Failure to follow any of the instructions below may result in the cancellation of your procedure. If your procedure is cancelled, a penalty of \$200 may be applied to your account.**

1. Seven (7) days prior to your procedure, avoid foods containing seeds, nuts or corn. Stop taking iron, fish oil and diet pills. Do not take any blood thinners, such as aspirin, ibuprofen, advil, motrin and aleve. If you are taking any blood thinners, please notify us. These may need to be temporarily stopped before your procedure. Tylenol is allowed.
2. If you take medications in the morning, it is okay to take them at least 4 hours prior to your procedure. Please consume a tiny amount of water to take your medication. We encourage our patients to take their essential medications in the morning, especially blood pressure medication.
3. If you have asthma and/or sleep apnea, please bring your inhaler and/or CPAP machine with you to the procedure.
4. Do NOT have a CT-scan with contrast within in 5 days of your exam.
5. Several days prior to your procedure, you will received a phone call confirming your appointment and a review of your insurance benefits. If you do not receive a call, please call our office at 703.723.3670 to verify your appointment.
6. If you are schedule at a location other than Loudoun Endoscopy Group, anesthesia guidelines from the other facility may require you to have lab work and an EKG preformed prior to the procedure. If so, you should have received additional instructions.

The day of your procedure:

Do NOT eat or drink anything the day of your procedure. If you do, there is a risk of aspiration with the sedation. Therefore, your procedure may be cancelled or delayed. You may resume a normal diet after the procedure.

**CLENPIQ Colon Prep: (Do Not Follow the Instructions on the Box)**

From midnight \_\_\_\_\_ until midnight \_\_\_\_\_ you will be on a **clear liquid diet only**, no solid foods (the entire 24 hour day before your procedure). After midnight on \_\_\_\_\_ (the night before your procedure) you will remain NPO (nothing by mouth) until after your scheduled procedure.

Prep Instructions: Completed the Day before the Procedure (It is important that you follow the order below)

**STEP 1:**

At 4:00 PM (the day before your procedure) \_\_\_\_\_ begin drinking the solution.

- Drink the entire first bottle of CLENPIQ, right from the bottle
- Follow this dose by drinking at least **FIVE** 8 ounce cups of clear liquids, in the cup provided. Drink this within the next 5 hours.
- After taking the CLENPIQ prep, if you are feeling bloated or your stomach is upset, wait to take your second dose until the feeling subsides.

**STEP 2:**

At 9:00 PM (the day before your procedure) \_\_\_\_\_ begin drinking the 2nd half of the solution.

- Drink the entire second bottle of CLENPIQ right from the bottle.
- Follow the second dose of CLENPIQ by drinking **THREE** 8 ounce cups of clear liquids. Drink this in the cup provided within the next 3 hours.

**Additional Information**

**Do Not Refrigerate prep, drink at room temperature.**

You must drink the entire prep for the best results. Drinking plenty of water will also help. You can continue to drink clear liquids up until midnight.

After midnight, do not eat or drink until after your procedure.

Clear liquids are transparent. Avoid liquids with a red dye. For additional information, including types of diets, please visit [www.loudounslcenter.com](http://www.loudounslcenter.com)

If you are having an emergency or do not start having bowel movements, 2 hours after step 2, call (703) 723-3670 to reach the on-call provider.

To cancel or reschedule your procedure, please contact the procedure scheduler at ext. 206

**For additional information, please visit our website, [www.loudounslcenter.com](http://www.loudounslcenter.com). Follow the "Contact Us" tab to submit any questions; or ask our procedure scheduler at 703.723.3670 ext. 206.**