

Colonoscopy

Prepopik: Procedure Instructions

Procedure Date: _____ Check-in Time: _____ GI Physician: _____

Location: _____ Procedure Time: _____

Special Instructions:

To ensure a successful exam, please follow all instructions on this sheet carefully. Failure to do so could result in your procedure being postponed or cancelled.

If you take anti-coagulants / blood thinners (for example: Coumadin, Plavix, Pradaxa, Xarelto, Eliquis, Effient, Brilinta, etc.) or Insulin, please notify our office at least 7 days prior to your procedure.

Please inform us if you weigh greater than 250 lbs., have kidney disease, congestive heart failure, artificial heart valves, a pacemaker or defibrillator (AICD), sleep apnea, or ascites.

Please discontinue iron or fiber supplements, seeds, nuts, popcorn, and raw vegetables 3 days before your colonoscopy.

Transportation:

- Please make arrangements to have someone drive you to and from the designated location for your procedure.
- You will be under sedation during your procedure and will be unable to work, drive or operate heavy machinery the day of your procedure.

Pick Up Your Items:

You may fill your prescription at any pharmacy. IT IS VERY IMPORTANT THAT YOU REFER TO THESE PREP INSTRUCTIONS FROM YOUR DOCTOR REGARDING WHEN YOU NEED TO STOP EATING AND DRINKING. **DO NOT FOLLOW THE INSTRUCTIONS THAT YOU RECEIVE FROM THE PHARMACY OR WHAT IS ON THE PREP PACKAGE.**

Items Required:

- Prepopik prescription; 1 dosing cup and 2 packets of powder found inside box

2 Days Before Your Procedure:

Drink at least 8 glasses of water during the day and stop eating solid foods no later than midnight.

Day Before Your Procedure:

The day before your colonoscopy is when you will start your preparation. The colon needs to be as clean of stool as possible.

- Do NOT use any tobacco products or marijuana, do NOT take non-prescribed drugs, and do NOT drink alcohol after midnight before your procedure.
- DRINK ONLY CLEAR LIQUIDS ALL DAY (No solid food):

The explanation of a clear liquid diet is anything you can see through if held up to a light.

Approved Clear Liquids:

- Water, Black Coffee or Black Tea (no cream or artificial cream)
- Strained fruit juices WITHOUT pulp (Example: apple, white grape)
- Clear Broth or Bouillon (Example: chicken or beef or vegetable broth)
- Carbonated CLEAR soft drinks (Example: Sprite, ginger ale)
- Gatorade, Kool aid or lemonade with no pulp (NO RED OR PURPLE)
- Plain Jell-O (without fruit or toppings) (NO RED OR PURPLE)
- Popsicles (NO RED OR PURPLE)
- NO DAIRY PRODUCTS
- NO ALCOHOLIC BEVERAGES

Step 1: At 6PM fill the provided dosing cup with cold water up to the lower line on the cup (5 oz of water). Pour in the contents of one (1) packet and stir for 2-3 minutes. After stirring, drink the entire contents of the dosing cup. At your own pace over the next five (5) hours, drink five (5) 8 oz glasses of clear liquid.

Day Of Your Procedure:

-Take your usual morning medications with 4 oz. of water up to 3 hours before your procedure. Bring a list of your current medications, including any over-the-counter medications.

Step 2: 6 hours before procedure. Fill the provided dosing cup with cold water up to the lower line on the cup (5 oz of water). Pour in the contents of one (1) packet and stir for 2-3 minutes. After stirring, drink the entire contents of the dosing cup. At your own pace over the next two (2) hours, drink three (3) 8 oz glasses of clear liquid.

Step 3: 3 hours before procedure. Stop drinking all clear liquids.

Additional Day Of Your Procedure Notes:

- In the morning, you should use inhalers, and take heart, blood pressure, seizure, anti-anxiety, and respiratory medications with a sip of water, enough to swallow them (no blood thinners or oral diabetic medications). You should wake up early and take these at least 3 hours before your test, even if you are having an EGD with your colonoscopy.
- On the morning of the procedure, you may pass some cloudy or dark liquid stool. This is common and not something to be concerned about. If you drank the prep until your stool was clear the day before, your prep is probably fine.
- Female patients of childbearing age will be required to provide a urine specimen for a pregnancy test prior to anesthesia the day of the procedure. Please avoid urinating prior to arrival the day of your procedure to prevent delay or possible cancellation.

Colon Cleansing Tips:

- Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
- Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
- Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30–90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- On the morning of the procedure, you may pass some cloudy or dark liquid stool. This is common and not something to be concerned about. If you drank the prep until your stool was clear the day before, your prep is probably fine.
- It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
- Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over-the-counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories

