

GASTROINTESTINAL DIAGNOSTIC CENTER
700 GEIPE ROAD, SUITE 220
CATONSVILLE, MD 21228
410-242-3636
COLONOSCOPY

16
410-247-7500

X207 Jessica

DATE: _____

ARRIVAL TIME: _____ APPOINTMENT TIME: _____

GENERAL INSTRUCTIONS:

This procedure will be performed at the Gastrointestinal Diagnostic Center (GIDC), 700 Geipe Road, Suite 220. A colonoscopy takes approximately 20-30 minutes. You will then be taken to the recovery room, where you will remain approximately 1 hour.

You will be sedated for this procedure and will not be allowed to drive home or return to work after the procedure. **Please arrange for a responsible adult to transport you to and from the center.**
YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE A RESPONSIBLE ADULT WITH YOU.

MEDICATIONS:

1. If you are taking iron medications discontinue 10 days prior to preparation.
2. If you are taking aspirin, or aspirin containing medications, discontinue 7 days prior to preparation.
3. Arthritic medications should be discontinued 4 days prior to preparation.
4. If you are taking Metamucil, Colace, Pericolace, or a similar product, discontinue 2 days prior to preparation.
5. If you are **Diabetic**, please discuss your medication with your physician.
Take ½ dose of _____ the day before your procedure, and none the morning of your procedure.
6. If you are taking antibiotics, you may continue as instructed.
7. Coumadin or other blood thinners may be stopped for several days prior to the procedure. Please discuss this with your physician.
8. Do not take any tranquilizers on the morning of your procedure, because you will have sedation.
9. If you are taking medication for your heart, you may take your medication with 4 oz. of water the morning of your procedure.
10. If you are taking medication for high blood pressure, please discuss this with your physician.
11. Please notify your physician if you are unable to complete your preparation for this procedure.

STOP: _____ prior to your procedure.

Prepopik Bowel Prep Instructions

You will need to purchase **4 Dulcolax Tablets OTC (Laxative)**

Start drinking extra water three days prior to your prep day.

On the day of your prep, drink an 8oz. glass of any clear liquid every hour.

The first day of your preparation is _____, you may have a light breakfast such as: Cereal, Oatmeal, Cream of Wheat or a Scrambled Egg. You will then be on clear liquids until after your procedure. **NO SOLID FOOD!!**

Clear Liquids

Water

Clear Broth or Bouillon

Coffee or Tea (Sweetened, Black)

White Grape Juice

Clear Soft Drinks

Ice Popsicles

Apple Juice

Powdered Lemonade

Jello (Lemon or Lime)

Gatorade

Kool Aide

Lemon Italian Ice

DO NOT DRINK ANYTHING RED, ORANGE OR PURPLE!!!

You will begin your prep at **6:00PM** on _____ by filling the dosing kit provided with your Prepopik Bowel Prep with cold water up to the lower 5-ounce line. Pour the contents of ONE (1) packet. Stir for 2-3 minutes until dissolved.

Drink the entire dose.

Over the next 5 hours you will need to drink (5) 8-ounce glasses of any clear liquid.

At 12:00AM (Midnight) you will empty the second packet into the dosing cup with 5-ounces of water. Stir 2-3 minutes until dissolved. **Drink the entire dose.**

After drinking the second dose of Prepopik, drink (5) 8-ounce glasses of any clear liquid within 5 hours.

Continue drinking clear liquids

PREPOPIK BOWEL PREP

Prepopik Bowel Prep Instructions

You will need to purchase **4 Dulcolax Tablets OTC (Laxative)**

Start drinking extra water three days prior to your prep day.

On the day of your prep, drink an 8oz. glass of any clear liquid every hour.

The first day of your preparation is _____, you may have a light breakfast such as: Cereal, Oatmeal, Cream of Wheat or a Scrambled Egg. You will then be on clear liquids until after your procedure. **NO SOLID FOOD!!**

Clear Liquids

Water	Apple Juice
Clear Broth or Bouillon	Powdered Lemonade
Coffee or Tea (Sweetened, Black)	Jello (Lemon or Lime)
White Grape Juice	Gatorade
Clear Soft Drinks	Kool Aide
Ice Popsicles	Lemon Italian Ice

DO NOT DRINK ANYTHING RED, ORANGE OR PURPLE!!!

You will begin your prep at **6:00PM** on _____ by filling the dosing kit provided with your Prepopik Bowel Prep with cold water up to the lower 5-ounce line. Pour the contents of **ONE (1)** packet. Stir for 2-3 minutes until dissolved.

Drink the entire dose.

Over the next 5 hours you will need to drink (5) 8-ounce glasses of any clear liquid.

At 12:00AM (Midnight) you will empty the second packet into the dosing cup with 5-ounces of water. Stir 2-3 minutes until dissolved. **Drink the entire dose.**

After drinking the second dose of Prepopik, drink (5) 8-ounce glasses of any clear liquid within 5 hours.

Continue drinking clear liquids

PREPOPIK BOWEL PREP

DAY 2

The day before your procedure is _____, you will be on a clear liquid diet the entire day. **NO SOLID FOODS!!**

Clear Liquids

Water	Apple Juice
Clear Broth or Bouillon	Powdered Lemonade
Coffee or Tea (Sweetened, Black)	Jello (Lemon or Lime)
White Grape Juice	Gatorade
Clear Soft Drinks	Kool Aide
Ice Popsicles	Lemon Italian Ice

DO NOT DRINK ANYTHING RED, ORANGE OR PURPLE!!!!

Begin the prep at **6:00PM** on _____

Take 2 Dulcolax Tablets with 8 ounces of water.

Then you will begin your Prepopik bowel prep by filling the dosing cup provided with cold water to the lower 5-ounce line. Pour the contents of (1) ONE packet. Stir for 2-3 minutes until dissolved.

Drink the entire dose.

Over the next 5 hours drink (5) 8-ounce glasses of any clear liquids.

At **12:00AM** (midnight) Empty the second packet into the dosing cup with 5 ounces of water. Stir for 2-3 minutes until dissolved.

Drink the entire dose- After finishing the last dose, take the last 2 Dulcolax tablets.

Drink three (3) 8-ounce glasses of clear liquid within 1 hour.

NOTHING ELSE BY MOUTH AFTER 1AM THE MORNING OF YOUR PROCEDURE