

MGI Michiana Gastroenterology Inc.

Telephone: (574) 234-0049

Fax: (574) 234-0053

www.michianagastro.com

Colonoscopy Instructions with Prepopik

Please be aware, there could be multiple separate charges for this procedure. One charge for the Facility and one for the Doctor. Possible charges for anesthesia and pathology.

Do these things 7 days before your procedure:

- Stop iron medication and iron supplements.
- If you take Effient, check with the doctor who ordered it to see if you can stop taking it 7 days prior to the test.

Do these things 4 days before your test:

- Arrange to have someone drive you home. You will receive medicine to keep you relaxed during your procedure, so you cannot drive home or take a cab home alone.
- Stop taking aspirin. It is okay to take Tylenol (Acetaminophen).
- If you take Coumadin or any other blood thinner other than Plavix, check with the doctor who ordered it to see if you can stop taking it for the 4 days before the test.
- If you take insulin call the doctor who ordered it for any adjustments you need to make the day of prep and the test day. We do not want your blood sugar to be too low.

Do these things 1 day before your test (Prep Day):

- DO NOT EAT ANY SOLID FOOD TODAY**
- You may only have clear liquids all day and night. **NO RED OR PURPLE.** Clear liquids are: tea or coffee (no milk or creamer), broth, apple juice, white cranberry juice, 7 up, ginger ale and water. You may also have Gatorade, popsicles and Jell-O, just remember no red or purple.
- Do not drink alcohol.
- Start drinking your prep according to your doctor's instructions, which are located on the back of this page.
 - Note: Some people say taking sips of broth or sucking on a lime in between glasses of prep help to clear the taste.
 - If you feel too full, drink the prep every 30 minutes.
- Keep drinking clear liquids for the rest of the day. This will help the prep work better for you.
- The prep you are drinking will make you go to the bathroom many times. This is needed so your colon will be cleaned out for the procedure.
- You may use Vaseline, any diaper rash cream or baby wipes, etc...on your bottom. This will help it not get so sore.

Do these things on the day of your test:

- DO NOT EAT ANY SOLID FOOD**
- You may continue drinking clear liquids, but stop drinking 2 hours before your test.
- Take your usual morning pills except for Coumadin and Aspirin.
- DO NOT take your diabetic pill(s).
- If you usually check your blood sugar, check it this morning.
- Bring the person who is driving you home with you to the Endoscopy Center.
- Your arrival time to your discharge time is about 2 ½ hours.
- Bring insurance card, photo id and all medications to your appointment.

OVER →

Day Before Examination
Follow printed instructions on this sheet not the colon prep packaging

1. **Do not eat any solid food today.** It is important to drink at least eight (8) glasses of clear liquids throughout the day.
2. At 6:00 pm, fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the contents of one (1) Prepopik packet. Stir for 2 – 3 minutes until dissolved. Drink the entire contents.
3. Over the next few hours use the provided cup (filled to the 8-ounce mark) to drink five (5) cups of approved clear liquid. Approved clear liquids: apple juice, white cranberry juice, white grape juice, 7 up, ginger ale, Gatorade or water. Make sure that you do not drink anything that is red or purple.
4. Prepopik will take effect in 20 minutes to 2 hours, so stay close to bathroom facilities. It will produce clear, yellow liquid stools. If you don't get any results after 3-4 hours please call the on-call physician at (574) 236-7802. After the beeps enter your number and someone will call you back.

Day of Examination

1. If you awaken with solid stool, please call (574) 271-0893.
2. **DO NOT EAT ANY SOLID FOOD until after your procedure.**
3. At _____ am, fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the contents of one (1) Prepopik packet. Stir for 2 – 3 minutes until dissolved. Drink the entire contents.
4. Over the next hour use the provided cup (filled to the 8-ounce mark) to drink three (3) cups of approved clear liquid. Approved clear liquids: apple juice, white cranberry juice, white grape juice, 7 up, ginger ale, Gatorade or water. Make sure that you do not drink anything that is red or purple. Drinking clear liquids is encouraged to prevent dehydration.
5. **Stop drinking 2 hours before your test.** Do not have anything else to drink until after your exam.

Phone Numbers if there are questions:

Michiana Gastroenterology, Inc.	(574) 234-0049	
Hours of operation	Monday, Tuesday and Thursday 8:00am – 5:00pm	
	Wednesday & Friday 8:00am – 1:30pm	
Michiana Endoscopy Center	(574) 271-0893 or 1-866-669-8743 (toll free)	
Hours of operation	Monday – Thursday 5:45am – 5:00 pm	
	Friday 5:45am – 4:00pm	
St. Joseph Regional Medical Center	(574) 335-5000	8am – 4pm
Memorial Hospital	(574) 647-6700	8am – 4pm
LaPorte Surgical Center	(219) 324-1670	

If you need to cancel, reschedule or have questions regarding the prep, please call the office at 574-234-0049.

IN CASE OF AN EMERGENCY, GO TO THE HOSPITAL EMERGENCY ROOM!