



## COLONOSCOPY INSTRUCTIONS (PREPOPIK – Procedure after 11 AM)

Arrive for your colonoscopy \_\_\_\_\_ minutes prior to your scheduled procedure time.

You are scheduled on \_\_\_\_\_ at \_\_\_\_\_. Arrive at \_\_\_\_\_.

Facility \_\_\_\_\_ Doctor \_\_\_\_\_

If you have questions, please call us toll-free at 1-855-ILL-GASTro (1-855-455-4278).

**\*\*If you take anticoagulants/blood thinners (for example: Coumadin, Plavix, Pradaxa, Xarelto, Eliquis, Effient, Brilinta, etc.) or Insulin, please notify our office at least 10 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 one week before your colonoscopy.**

**\*\*You may fill your PREPOPIK 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.**

**THE DAY BEFORE YOUR COLONOSCOPY:** The day before your colonoscopy is when you will start your preparation. The colon needs to be as clean of stool as possible. If this cannot be achieved, the test may be incomplete and abnormalities may be missed.

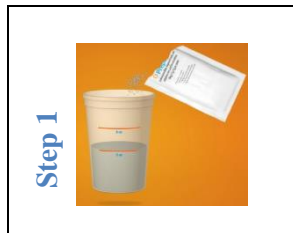
### **1. DRINK ONLY CLEAR LIQUIDS All DAY (No solid food):**

It is important to prepare your body with plenty of clear liquids before the prep.  
The explanation of a clear liquid diet is anything you can see through if held up to a light.

#### **APPROVED CLEAR LIQUIDS LISTED BELOW:**

- Water, Black Coffee or Black Tea (no cream or artificial cream )
- Strained fruit juices WITHOUT pulp ( for example: apple, white grape)
- Clear Broth or Bouillon (for example: chicken or beef )
- Carbonated or noncarbonated CLEAR soft drinks (for 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

**TAKING THE PREP: FIRST DOSE OF PREPOPIK**



**STARTING BETWEEN 4-6PM**

**Step 1:** Pour 1 packet of Prepopik powder into cup.



**Step 2:** Fill dosing cup provided to 5 ounce (bottom) line with cold water. Stir for 2-3 minutes until dissolved.



**Step 3:** Drink the entire contents of Prepopik.

- You may prefer to drink the liquid through a straw.



**Step 4:** You **MUST** drink at least **five (5)** more 8 oz. (ounce) glasses of water/clear liquid over the next 5 hours. **VERY IMPORTANT**

**TAKING THE PREP: SECOND DOSE OF PREPOPIK**

**STARTING between 4-5AM the day of the procedure :** **REPEAT STEPS 1 THROUGH 4**, drinking the entire prep solution (VERY IMPORTANT) and at least 5 more glasses of clear liquid to follow. You must finish drinking all liquids at least 2 hours before the procedure time.

- Bowel movements usually start within 1 or 2 hours after you begin drinking and usually continue for 1 or 2 hours after you finish.
- It is normal to feel full and somewhat bloated while you are drinking the prep. If you become nauseated, slow your pace of drinking.
- If you find you cannot tolerate the prep, then please call our answering service to discuss with the doctor on call. (1-855-ILL-GASTro/1-855-455-4278)



### **THE DAY OF THE PROCEDURE:**

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 2 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.

### **TRANSPORTATION HOME:**

**Because of the medications you will be given during the procedure, you will need someone to drive you to the facility and then drive you home. You will not be able to use a taxi or bus. The test may be cancelled if you do not have a driver. There will be no exceptions.** After the procedure, you may resume driving the next day unless your doctor instructs you differently. If you have any questions, please call our office at **1-855-ILL-GASTro/1-855-455-4278**.