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**COLONOSCOPY
PREPOPIK PREP**

PATIENT NAME: _____ DATE OF PROCEDURE: _____

DOCTOR: _____ LOCATION: _____

ARRIVAL TIME: _____ PROCEDURE TIME: _____

HOLD THE FOLLOWING MEDICATIONS: _____

IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, WE ASK THAT YOU GIVE US 72 HOURS NOTICE. If you do not call, and fail to show up for your scheduled procedure you will be charged a "No Show Fee" of \$100.00.

You MUST make arrangements to have someone accompany you to your procedure. THIS PERSON MUST COME UPSTAIRS TO SIGN YOU OUT. Due to the effects of anesthesia, YOU ARE NOT ALLOWED TO DRIVE FOR THE REST OF THE DAY. For your safety we CANNOT allow you to take a taxi.

You may NOT go to work on the day of your procedure. You MUST stay home and rest for the remainder of the day.

****IMPORTANT: IF YOU ARE A SMOKER, WE STRONGLY ADVISE THAT YOU DO NOT SMOKE THE DAY OF YOUR PROCEDURE. SMOKING PRIOR TO YOUR PROCEDURE COULD CAUSE COMPLICATIONS WITH ANESTHESIA****

PICK UP FROM THE PHARMACY:

1. Prepopik; this is available by prescription only. Please contact our office immediately if you did not receive your prescription.

AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE:

1. If you take any blood thinners, such as Coumadin, Plavix or Aspirin on a daily basis, you must notify your Doctor **IMMEDIATELY!** These medications **MAY** need to be discontinued prior to your procedure.
2. If you take Insulin, you must discuss with your Doctor whether or not you need to hold off taking or reduce your morning dose the day of the procedure.
3. **STOP** taking any vitamins containing iron and/or iron supplements **ONE WEEK** prior to your procedure.

THE DAY BEFORE YOUR PROCEDURE:

Do not apply any lotion to your chest, arms or legs!

1. **You must be on a CLEAR LIQUID DIET for the ENTIRE day.**

You May Have:	You May NOT Have:
Water Seltzer Apple Juice	Solid Foods Alcohol
Sprite Ginger Ale Plain Jello (not red or purple)	Lemonade Milk or Milk Products
Bouillon or Clear Broth Gatorade (not red or purple)	
White Grape Juice Italian Ice(not red or purple)	
Black Coffee or Tea (no milk or creamer)	
Gum	

2. **At 6PM**, fill the supplied dosing cup to the 5-ounce line (lower line) with cold water. Add the contents of 1 (one) packet of Prepopik powder to the cup. Stir for 2-3 minutes, until completely dissolved. Drink the ENTIRE mixture. Drink 5 (five) 8-ounce glasses of clear liquid. Fill the dosing cup to the 8-ounce line and drink at your own pace for the next 5 hours. **(See Illustration on next page.)**
3. **You are encouraged to continue to drink as much clear liquid as possible until bedtime.**

THE DAY OF THE PROCEDURE:

1. At _____ **(5 hours before your procedure)** fill the supplied dosing cup to the 5-ounce line (lower line) with cold water. Add the contents of 1 (one) packet of Prepopik powder to the cup. Stir for 2-3 minutes, until completely dissolved. Drink the ENTIRE mixture. **(See Illustration on next page.)** Drink 3 (three) 8-ounce glasses of clear liquid. Fill the dosing cup to the 8-ounce line and drink. **(See Illustration on next page.)** This must be completed by _____ **(4 hours prior to your Colonoscopy).**
2. **YOU SHOULD TAKE YOUR BLOOD PRESSURE AND/OR HEART MEDICATIONS EARLY IN THE MORNING WITH A SMALL SIP OF WATER. If you must take other medications on the day of the procedure, please call our office.**
3. **HAVE NOTHING ELSE TO EAT OR DRINK, NOT EVEN WATER,** until after your procedure.
4. **FEMALE PATIENTS:** Please be aware that on the day of your procedure, you may need to provide a urine sample.

***** REMEMBER *****

DO NOT OMIT ANY PART OF THE PREPARATION. A POOR PREPARATION MAY CAUSE A POLYP OR CANCER TO GO UNDETECTED AND THE PROCEDURE MAY NEED TO BE REPEATED AFTER REPREPPING.

Stay hydrated: A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep, stay hydrated by drinking all required clear liquids during the prep, and replenish your system by drinking clear liquids after returning home from your colonoscopy.

Drink extra liquids before, during, and after your bowel prep (until 4 hours before your procedure), as well as after your colonoscopy!!

Stay positive: We realize that the colonoscopy prep may not be the most glamorous process. But remember, when you get a colonoscopy, you are taking a proactive step toward prevention or early detection of colorectal cancer.

PREFERRED METHOD

PREPOPIK INSTRUCTIONS | SPLIT-DOSE REGIMEN

Prepopik
(sodium picosulfate, magnesium oxide, and anhydrous citric acid) for oral solution
10 mg/3.5 g/12 g per packet

BEGIN A CLEAR LIQUID DIET (NO SOLID FOOD) THE DAY BEFORE YOUR COLONOSCOPY—AND REMEMBER TO STAY HYDRATED!

MEDICATE Only 2 packets total

FOR EACH PACKET TAKEN SEPARATELY:

- 1 FILL**
the dosing cup with cold water up to the lower line (5 oz)
- 2 POUR**
in the contents of 1 packet
- 3 STIR**
for 2-3 minutes until powder is dissolved
- 4 DRINK**
it ALL



HYDRATE Drink your choice of clear liquids

DRINK clear liquids

- Water
- Clear broth
- Apple juice
- Ginger ale
- White cranberry juice
- Plain gelatin (NO red or purple)
- Frozen juice bars (NO red or purple)
- White grape juice

Remember to drink plenty of clear liquids to stay hydrated

DON'T drink anything you can't see through

- NO red or purple liquids
- NO alcohol
- NO milk or dairy



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COLONOSCOPY PREP WORKSHEET

Please use the worksheet below to make sure that you are properly prepped for your colonoscopy.

My colonoscopy is scheduled for _____ at _____.

One Week Before Your Colonoscopy:

- Read prep instructions thoroughly
- Pick up prep
- Make arrangements to take the day of your procedure off from work
- Adjust medications according to your doctor's instructions

3 Days Before Your Colonoscopy:

- Confirm transportation to and from your procedure
- If you need to cancel or reschedule your procedure for any reason, call the office to avoid a possible cancellation/no show fee
- Call your doctor if you have any questions or concerns

The Day Before Your Colonoscopy:

- Begin a clear liquid diet. You may not have any solid food for the ENTIRE day
- At 6:00pm, take the first half of your prep as written in the instructions
- Drink plenty of clear liquids

The Day of Your Colonoscopy:

- At _____ (5 hours before your procedure) drink the second half of your prep as written in the instructions
- Take any heart and/or blood pressure medications with a small sip of water
- Have nothing else to eat or drink 4 hours before your procedure
- Arrive 1/2 hour before your procedure, with your driver, to check in