

Colonoscopy Preparation with Prepopik

Preparation Instructions: Diet and Medication

7 Days Prior To Procedure

PLEASE COLLECT YOUR PRESCRIPTION FOR PREPOPIK AND PURCHASE ONE BOTTLE OF OVER THE COUNTER MAGNESIUM CITRATE 10 OZ. PLEASE CALL YOUR PHARMACY IN ADVANCE TO ENSURE THE PRESCRIPTION IS AVAILABLE FOR PICK UP; SOME INSURANCES MAY NOT COVER PREPOPIK AND THEREFORE, WE WILL NEED TO PRESCRIBE AN ALTERNATIVE, (UNLESS YOU WISH TO PAY CASH). PLEASE CALL THE OFFICE IF YOU DO NOT RECEIVE THE INSTRUCTIONS FOR THE ALTERNATIVE BOWEL PURGE PREPARATION BY E-MAIL.

1. Stop aspirin, products containing aspirin, Plavix, Aggrenox, Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Bilbao, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
2. Avoid popcorn, nuts, corn, beans & poorly digestible vegetables (corn, broccoli, etc)
3. Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc. Tylenol is permitted

3-5 Days Prior To Procedure

Stop all anti-coagulant or anti-platelet medications. (**Coumadin/Warfarin, Xarelto, Pradaxa, Persantin Lovenox, anti-platelet agents: Ticlid or Plavix.**)

****You must consult with your cardiologist or primary care physician regarding discontinuing these medications.** If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure so that he can discuss with your doctor.

On the day before the procedure:

You will need to go on a clear liquid diet the entire day. NO SOLID FOODS. You can drink clear liquids up to 3 hours prior to the appointment. Avoid juices with pulp such as orange or grapefruit juice. No dairy products, cream or soy. Coffee and tea are acceptable. Examples of clear liquids include broth or bouillon, Jell-O, clear juices, sports drinks such as Gatorade, sodas such as Sprite, 7-Up, or gingerale, lemonade, Popsicles, coffee or tea and of course, water. Avoid red or purple colored liquids. You may use sugar, honey or lemon.

Please turn over the page.

Any of the following liquids are OK to drink



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white-cranberry



Limeade or lemonade



Coffee or tea. DO NOT use any dairy or non-dairy creamer



Chicken broth



Gelatin desserts without added fruit or toppings (NO RED OR PURPLE)

Night before colonoscopy (Between 5-9 PM)

Step 2. 6pm. Add contents of one packet of Prepopik to the plastic cup provided and add 5 oz of water up to the red 5 oz lower fill line and stir well. Drink the solution.



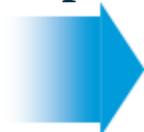
Step 1. 5pm Drink bottle of magnesium citrate.



Step 3. Drink 5 x 8-oz (upper fill line) cups of clear liquid over the next 3 hours

Morning of colonoscopy (5 hours before the start time of your procedure)

Repeat Step 2 and 3.



2-3 mins



DRINK AT LEAST 3 8-oz cups of clear liquid, but it is preferred if you can drink all 5. You may continue hydrating up to 3 hours before your colonoscopy.

Do not drink any fluids 3 hours prior to your procedure. Please turn over the page.

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AFTER YOUR COLONOSCOPY

1. Because you are receiving moderate sedation, you must have an adult (18 years or older) accompany you home. The driver must be flexible as the procedure may run longer than expected.

If you do not have a ride, we cannot do the procedure with sedation.

You cannot take a taxi/Uber. The hospital does offer a paid transport service within a perimeter of the hospital but this must be arranged in advance.

2. The person driving you must accompany you at check in for confirmation and instructions for pick up.

3. You should not plan to work, schedule other appointments or meetings following your procedure. You should not drive for the remainder of the day.

4. After your procedure is completed, you may experience some cramping or bloating because of the air introduced into the colon during the examination. This should discontinue promptly with the passage of gas.

5. Generally you should be able to eat after your procedure, but your doctor may restrict your diet and activities, especially if a polyp was removed.

HELPFUL HINTS

1. You should be prepared to be near the bathroom during this preparation. The laxative can take effect within 1-4 hours.

2. The laxative will cause you to have very loose, watery stools. That is the goal. Take the entire laxative to be sure your colon will be well prepped for viewing.

3. Consider having a soothing cream such as Vaseline, A&D, or Desitin cream available to reduce irritation from frequent bowel movements.

4. Please pay close attention to the directions concerning what you should and should not eat and drink to avoid having to reschedule your procedure.

5. You should allow enough time for the laxative to finish working before traveling.

If you need to reschedule your procedure, please do so 5 business days prior to your procedure. Please do not leave a message through the answering service but call the office directly. Thank you.

Please call our office at (650) 988-7488 if you have any further questions.