



COLONOSCOPY INSTRUCTIONS PREPOPIK

Cancellation

If for any reason you cannot keep your appointment, please advise our office at least 72 business hours (excluding weekends) in advance as there is a \$300.00 fee for late cancellations. It is our goal to provide you with the best possible care so it's very important that you understand and follow these instructions to ensure a pleasant experience.

Driver

You will not be allowed to drive yourself home after the procedure. Due to the nature of the medications you will be receiving during your procedure, you **MUST** have a responsible adult (friend or relative) who is at least 18 years old to drive you or escort you home afterwards. Taxi/Uber are not allowed unless someone is accompanying you.

Two Weeks Before the Procedure

If you take Plavix, Coumadin, Warafirin, Pradaxa, Eliquis, Xarelto or any other blood thinning medications please discuss it with the provider who prescribed it. Avoidance of blood thinners is designed to minimize the risk of serious bleeding if a polyp is removed. If you are diabetic, do not take diabetic medication on the morning of your procedure. (You may take insulin the evening before; half P.M. dose). If you take blood pressure medication/s, take your morning medication the night before your procedure.

One week Before the Procedure

It is best to stop all aspirin (including baby aspirin) and anti-inflammatory medications such as Motrin, Advil, Aleve, Ibuprofen, Celebrex, Mobic, as well as all Iron supplements. Tylenol is okay to take. Start a low fiber diet for at least 5 days prior to your procedure. Purchase 2 **Dulcolax** tablets. If you do not regularly have a daily bowel movement, you need to purchase **MiraLax** and take 17 grams once daily for the week prior to the procedure.

One day Before the Procedure

DO NOT EAT ANY FOOD. DRINK CLEAR LIQUIDS ONLY (see next page).
PLEASE FOLLOW INSTRUCTIONS CAREFULLY. AN **EXCELLENT PREP** HELPS THE RESULTS OF YOUR PROCEDURE.

Between 2 and 4 PM take 2 Dulcolax tablets with a full glass of water.

If your procedure is BEFORE 8:30 AM:

At 6:00 PM fill the dosing cup provided with cold water up to the lower line (5 oz). Pour in the contents of one Prepopik packet, Stir until fully dissolved. Drink the entire contents followed by an additional 32 oz. of water within the next hour. **Repeat at 10:00 PM** following the same instructions above.

If your procedure is AFTER 8:30 AM:

At 8:00 PM fill the dosing cup provided with cold water up to the lower line (5 oz). Pour in the contents of one Prepopik packet, Stir until fully dissolved. Drink the entire contents followed by an additional 32 oz. of water within the next hour. **The next morning 4 hours** before your procedure time repeat the instructions above. All liquids should be stopped at least 3 hours before your procedure time.

Additional Instructions

- Arrive to the surgery center **one hour** before your scheduled procedure time. The time of your procedure may change with short notice; please allow flexibility in your schedule.
- Bring a list of your medications including the dosages with you to the procedure center.
- Please bring a method of payment. The surgical center and anesthesia service may request payment at the time of service.
- Wear comfortable clothes that are easy to get into and out of.
- Do not wear necklaces, chains, bracelets, or earrings. You may wear your wedding band and a watch. Please leave all valuables at home.
- The medications given to you prior to the procedure can result in a mild amnesic effect making you sleepy up to one hour after the procedure. It is not uncommon for you to forget your conversation with the nurse and/or Dr. Berookim after the procedure. Patients are generally scheduled for a post- procedure office visit two weeks after the procedure to discuss the findings and biopsy results. **Following your procedure, please make sure to call our office to schedule your follow-up appointment.**

Clear Liquid Diet

This is only a guide; you do not have to follow it exactly. The clear liquid diet provides some calories with minimal amount of residue in the gastrointestinal tract. This allows for good visualization. This diet is designed for short-term use.

CLEAR LIQUIDS AND LIMITED LIGHT-COLOR DRINKS ONLY	
YES- OK TO DRINK	NO-AVOID THESE
<ul style="list-style-type: none">• Water• Tea and black coffee without any milk, cream or lightener• Flavored water without red dye• Clear, light colored juices such as apple, white grape, lemonade without pulp and white cranberry• Clear broth including chicken, beef or vegetable• Soda• Sports drinks such as Gatorade and Propel(light colors only)• Jello-O or other gelatin without fruit; no red dye• Boost Breeze Tropical juice drink	<ul style="list-style-type: none">• Alcoholic beverages• Milk• Smoothies• Milkshakes• Cream• Orange juice• Grapefruit juice• Tomato juice• Soup (other than clear broth)• Cooked cereal• Juice, popsicles or gelatins with red dye