
Prepopik prep for Colonoscopy



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Southern Gastroenterology Specialists, PC
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7 Days Prior To Procedure:

- 1. Please obtain the prescribed colon preparation medication from your pharmacy.**
- 2. Stop taking 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, and any other herbal supplements.**
- 3. Stop taking non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc. Tylenol use is permitted.**
- 4. Avoid eating popcorn, nuts, corn, beans & fiber containing vegetables (corn, broccoli, etc.) for 3-4 days prior to the procedure. Dairy products, pasta, white bread, meats, poultry and fish are OK to eat for 3-4 days prior to the procedure.**
- 5. Regarding blood thinning medications. Please consult your prescribing physician regarding stopping blood thinning medications such as COUMADIN, ELIQUIS, XARELTO, PLAVIX, etc. prior to your procedure. If you have been instructed to continue any of these medications, please advise the gastroenterologist performing your procedure as soon as possible prior to the procedure so this can be discussed with your prescribing physician.**
- 6. Please give 48 hour notice prior to canceling or rescheduling your procedure. If you do not show up for your scheduled procedure, a \$50 fee will be charged to your account. The \$50 fee must be paid prior to rescheduling your procedure. If your procedure is not rescheduled within 30 days of your last office visit, an office visit to update your history and physical examination will be required prior to rescheduling your procedure.**
- 7. Due to the varied and unpredictable complexity of the procedures performed, please expect to be at our facility for at least 2-4 hours on the day of your procedure.**



On the day of the procedure:

Do not eat or drink anything until your procedure is complete. Do not chew gum. Do not eat mints. Do not eat hard candy. Do not eat ice. You may rinse your mouth with water, but do not swallow it.

- 1. Please ARRIVE at our facility at least 30 minutes prior to the time of your scheduled procedure to complete paperwork, have an IV started, have an anesthesia evaluation, etc.**
- 2. If you have diabetes and take insulin, take 1/3 of your usual dose on the morning of your procedure. Do not take any oral diabetic medications.**
- 3. PLEASE take your heart medications, blood pressure medications, and anti-seizure medications with small sips of water.**
- 4. You are required to have a responsible adult with you to be your designated driver. Upon arrival to our facility for your procedure, we will verify that you have a designated driver. The designated driver must remain in our facility until your procedure is complete. Please NOTE, If the designated driver is not present and/or does not plan to remain at our facility until your procedure is complete, your procedure will be cancelled or postponed until a designated driver is available if time permits. You cannot take a taxi, ride the bus, or utilize ride sharing services like Uber to transport you home after your procedure without a responsible adult to accompany you. You are not permitted to work or drive until the day after your procedure.**



COLON INSTRUCTIONS FOR PREPOPIK PREP:

- 1. Please consume only clear liquids on the day prior to your procedure from the time you wake up until you go to bed. Please avoid the following: RED dye, GREEN dye, PURPLE dye, and DAIRY PRODUCTS. Examples of CLEAR LIQUIDS: Broth, JELL.O (no fruit in it), Tea, Soft Drinks, Popsicles, Fruit Juice (apple, white grape), Gatorade, Powerade, Sprite, 7-Up, Ginger Ale, and Water. Drink 8-16 oz every hour to prevent dehydration.**
- 2. At 5 PM in the evening on the day before your exam prepare and drink the first 5 ounces of solution using a packet of Prepopik. Tear open the packet and dissolve the powder contents in 5 ounces of cold water. Stir the formula for 2-3 minutes then drink all of the solution.**
- 3. Drink at least 5 more 8 ounce glasses of clear liquids before going to bed to prevent dehydration.**
- 4. Six hour prior to your scheduled procedure time, prepare and drink the second dose of Prepopik prep as you did the night before. Follow this by drinking three 8 ounces glasses of any clear liquid. This will ensure proper hydration and a clean colon.**
- 5. It is very important that you follow the Prepopik bowel instructions as directed. Please note that if your stools are not watery (clear and liquid), your procedure may need to be rescheduled or canceled.**
- 6. Do not eat or drink anything for 4 hours prior to the procedure. DO NOT CHEW GUM. DO NOT EAT MINTS. DO NOT DRINK WATER. DO NOT EAT ICE. Do not eat or drink anything UNTIL YOUR PROCEDURE IS COMPLETE. Chewing gum would prevent doing the procedure as planned, so do not chew gum prior to procedure.**

IF YOU DO NOT FOLLOW THESE INSTRUCTIONS, YOUR PROCEDURE MAY BE CANCELLED OR CHANGED TO A LATER TIME/DATE BY THE ENDOSCOPY STAFF FOR YOUR SAFETY.



After the completion of the procedure:

- 1. You should not drive until the morning after your procedure.**
- 2. After your procedure is complete, you may experience abdominal cramping or bloating because of air introduced to distend the colon during your colonoscopy. This should resolve promptly with the passage of gas.**
- 3. Generally, you should be able to eat after your procedure; however your gastroenterologist may restrict your diet and activities depending on procedures performed during your colonoscopy.**
- 4. If a polyp was removed or biopsies obtained, a small amount of blood may be seen in your stool which should clear promptly. Please contact the gastroenterologist that performed your procedure or our facility if you have any questions or concerns.**

Useful Information:

- 1. Please be prepared to be near a restroom during the time of your colon preparation. The laxative effect of the medication can last from 1-4 hours.**
- 2. The laxative will cause you to have very loose and watery stools. Please drink all of the prescribed medication for your colon preparation to ensure that your colon is as clean as possible for your colonoscopy.**
- 3. Consider having substances such as Vaseline, A&D Ointment, Balenol lotion, etc. available to apply to the anal area to reduce anal irritation secondary to frequent bowel movements.**
- 4. Please pay close attention to the directions concerning what you should and should not consume prior to the procedure to avoid having to reschedule or repeat your procedure.**
- 5. Please allow enough time for the laxative effect of the colon preparation medication to complete prior to traveling.**