

Prepopik Colon Prep

Please read the following instructions carefully (**front & back**). Follow these instructions and **not** the instructions on the prep box. If you do not complete the preparation as directed it could result in cancellation of your procedure.

ONE WEEK PRIOR TO PROCEDURE:

- Fill prescription from Dr. for **Prepopik**
- Avoid seeds, nuts and vegetables for five (5) days prior to your prep
- If you are currently taking blood thinners (for irregular heartbeat, atrial fibrillation, heart disease, stents, stroke, mini-stroke, mechanical heart valves, blood clots in the legs or lungs, or other reason) you may need to stop them prior to your procedure. **Please contact the physician who prescribed the medication for instructions on how to stop them.**
- Please understand that even though a colonoscopy can be performed if these medications are not stopped, some polyps cannot be removed.
- If you are taking full dose aspirin (325mg), please contact your prescribing physician to see if this can be decreased to low dose aspirin (81mg). **Do not stop low dose Aspirin (81mg)** Polyps can be removed in the presence of this lower dosage.
- The following is not an all inclusive list.
 - ❖ Plavix (clopidogrel bisulfate)
 - ❖ Ticlid (ticlopidine hydrochloride)
 - ❖ Coumadin (warfarin sodium)
 - ❖ Pradaxa (dabigatran)
 - ❖ Xarelto (rivaroxaban)
 - ❖ Eliquis (apixaban)
 - ❖ Persantine (dipyridamole)
 - ❖ Effient (prasugrel)
 - ❖ Arixtra (fondaparinux)
 - ❖ Brilinta (ticagrelor)
 - ❖ Lixiana/Savaysa (edoxaban)
 - ❖ Lovenox (enoxaparin)
 - ❖ Fragmin (dalteparin)
 - ❖ Zontivity (vorapaxar)
 - ❖ Pletal (cilostazol)

ONE DAY BEFORE PROCEDURE:

Eat or Drink only **clear** liquids for breakfast, lunch and dinner the day before your exam. Solid foods and milk products are **not** allowed. Clear liquids (not colored red or purple) include:

- Water
- Pop (diet & regular)
- Clear broth or bouillon
- Sport drinks (Propel, Gatorade)
- Apple juice
- White grape juice
- White cranberry juice
- Coffee or Tea (without milk or cream)
- Kool-aid
- Plain Jello
- Ice popsicles
- Clear hard candy (life savers, jolly ranchers)

Instructions continued on back → TURN OVER

ONE DAY BEFORE PROCEDURE: CONTINUED

- If you are diabetic please check with your family physician as to adjusting your insulin while on a clear liquid diet. Usually your dose will be cut in half the day before and you will not take any the day of the procedure.
- **Step 1** - At **5:00 PM**, fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup
- **Step 2** - Pour in the contents of one (1) packet of the powder into the cup of water and stir 2-3 minutes until dissolved. Drink the entire contents
- **Step 3** - Follow with five (5) 8 ounce glasses of clear liquids taken at your own pace over the next 5 hours. * It is important that you drink all of the fluids.

DAY OF PROCEDURE:

- **Step 1** - At **5:00 AM** Repeat steps 1 and 2 from above. Drink the entire contents of the cup.
- **Step 2** - Follow with three (3) 8 ounce glasses of clear liquids. Prep must be finished by **6:00 AM**.

What should my stools look like? Your stools should look like clear to light yellow water with no stool particles. The yellow color is normal.

- If you are diabetic please check your blood sugar before coming in.
- **DO NOT EAT, DRINK or CHEW GUM** before your procedure or it may be cancelled or delayed.
- You **may take** all your medications with a sip of water **except:** blood sugar/diabetic medications.
- If you are a female and between the ages of 18-55 years old, you will be asked to give a urine sample, unless you have had a hysterectomy.

What to bring with you:

- Because you are receiving anesthesia, you cannot drive; you must be accompanied by an adult who must remain on the premises while you are having your procedure. Your procedure will be cancelled if you do not have a ride.
- A list of your current medications including the dosage and the times you take them, along with any drug allergies.
- Your driver's license and insurance cards