

Prepopik Prep

Date:

Name:

Address:

Your procedure is scheduled for: Date:

Time:

Arrival Time:

You should begin your clear liquid diet:

Avoid any food containing seeds, nuts or popcorn 1 week before your procedure

Nothing by mouth 3 hours before your procedure includes water, gum, candy, mints etc.

Your procedure will be performed at: Bethesda Endoscopy Center:
Camalier Building
10215 Fernwood Road, Ste. 260
Bethesda, MD 20817
301-530-2800

Please arrange for someone to drive you home after the procedure. You will not be allowed to leave alone if you have any type of sedation. If you have no one to take you home, you may arrange for the following private company to provide service:

Buckley's

Phone: 703-390-0535

info@buckley4seniors.com

RMS contact Randy

301-946-8848 202-345-2845

For questions or schedule changes contact Rockville Internal Medicine Group @ 301-762-5020 ext. 3056 to connect with the scheduler.

Note: If you are canceling the night before your procedure, contact the endoscopy center directly and leave a message 301-530-2800 (There is a cancelation fee of 150.00 if you don't give 48 hour notice).

Take an over the counter stool softener 3 days prior to your procedure.

Preparations for the Colonoscopy

Prepopik (prescription is needed)

Part 1- The Day before:

***If your procedure is scheduled in the morning, you may have nothing but clear liquids the whole day before the procedure.**

***If your procedure is scheduled in the afternoon, you may have light breakfast until 10 am the day before the procedure. Nothing but clear liquids after breakfast.**

Note: There are 2 parts to your prep. Part 1 is completed in late afternoon/evening (5-9pm) before the procedure and part 2 is done in the morning 4 hours prior to your procedure time.

Step 1: Fill the dosing cup provided with **cold** water up to the lower (5 ounce) line. **Pour** in the contents of ONE (1) packet and **stir for 2-3 minutes until dissolved. Drink** the entire contents.

Step 2: Follow with FIVE (5) 8 ounce drinks of clear liquids, taken at your own pace within the next 5 hours, before bed. Any clear liquid is fine (water, clear broth, apple juice, white cranberry juice, frozen juice bars etc.)

Part 2- The Day of Your Procedure

4 hours before your procedure time you repeat the same steps as part 1.

Step 1: Fill the dosing cup provided with **cold** water up to the lower (5 ounce) line. **Pour** in the contents of ONE (1) packet and **stir for 2-3 minutes until dissolved. Drink** the entire contents.

Step 2: **Follow** with a **MINIMUM** of THREE (3) 8 ounce drinks of clear liquids. **You must finish all liquids 3 hours before your procedure.**

If your prep is successful then you should see clear stool or yellow-tinged clear stools complete. If you are not clean take 2 doses of Miralax (2 capfuls in an 8oz clear liquid).

Take nothing by mouth three hours before your procedure time.

***Regardless of weight/ size, all patients take the same dose of prep.**

Medications:

1. If possible, stop Aspirin, Advil, Motrin, and Ibuprofen, fish oil, iron supplements and Aleve 7 days before the procedure. Tylenol (acetaminophen) is ok to take. If by mistake you take any of these meds in the week before the procedure, there is no need to call the doc or cancel the procedure. We will do the procedure anyway.
2. If you are taking blood thinners like Coumadin (warfarin), Xarelto, Pradaxa, Lovenox, Plavix (clopidogrel), Aggrenox (or any others) you need to discuss the management of these ahead of time with your endoscopist.

3. You can take blood pressure medicines the day of the procedure as long as you take them 3 hours before your arrival time.
4. If you take diabetes medications, take a ½ dose of your medications. You must discuss the management of these with your endoscopist or your prescribing physician ahead of time to decide on the timing of the doses.

ACCEPTABLE CLEAR LIQUIDS

Water

Any kind of soft drink (ginger ale, coke, tonic, Gatorade, etc.)

Apple juice

Orange juice without pulp is okay to have the day before the procedure, but NOT the morning of the procedure

Tea/ Coffee

**Dietary Supplements (Ensure, Sustecal, Enlive, Boost-stay away from chocolate flavor)
These are okay to have the day before the procedure, but not the morning of the procedure.**

Clear Broth (Vegetable, Beef or Chicken)

Jell-O (stay away from red, blue or purple colors)

NO DAIRY PRODUCTS!!!!!!