

Prepopik Bowel Prep Colonoscopy Split Dosing Instructions

*****READ ALL INSTRUCTIONS UPON RECEIPT*****

Date of Appointment: «encDate» with Dr. «RendPrLName»

Be at the location marked below by: _____ AM/PM

Pre-Register at least 2 days prior with the following location:

____ Alaska Digestive Center 563-1750 ____ ARH Day Surgery 264-1952 ____ Providence Day Surgery 212-3149

(Due to Sedation, you must bring an adult driver with you to take you home safely)

Call your insurance plan to ensure they will cover your procedure. Please note there will be separate fees for the Physician, Facility, Pathology and/or Laboratory.

Medications:

Seven (7) days prior to procedure stop all:

- Prescription Iron Pills
- Stool Formers (Imodium, Fiber Supplements)

• Blood-thinning medications may need to be discontinued prior to your procedure.

Take your last dose of _____ on _____.

*****You should continue your other prescribed medication unless instructed not to*****

• Diabetic patients - If you take an oral hypoglycemic ("sugar pill"), do not take it the day of your procedure. If you are taking insulin, you should only take half (1/2) of your usual scheduled insulin dose the night before and nothing the morning of the procedure.

Foods to Avoid:

Five (5) days prior to procedure, avoid the following:

- Nuts - Seeds - Grains
- Granola - Corn - Popcorn

Upon awakening on _____, the day before your procedure, start a clear liquid diet. **(NO SOLID FOOD).**

Diet:

Avoid RED, ORANGE, or PURPLE liquids. No Milk/Milk Products and No Non-Dairy Creamer. No juices with Pulp

Acceptable List of Clear Liquids:

- Water - Apple Juice - Coffee (black)
- Gatorade - Bouillon - CrystalLite
- White grape juice - Soft Drinks - Popsicles
- Lemonade - Tea - Jell-O
- Hard Candies - White Cranberry Juice - Kool-Aid

Prep:

At 5:00 pm, on _____, the day before your procedure, begin drinking the 1st dose of Prepopik Solution.

- Pour in contents of ONE (1) Packet into dosing cup provided. Fill dosing cup with cold water to lower 5-ounce line of cup and stir for 2-3 minutes
- Drink the contents completely
- Follow with at least Five (5) 8-ounce glasses of clear liquid within the next hour
- Continue a clear liquid diet for the remainder of the night
- You will have many bowel movements that should begin in about 1 hour

The day of your procedure, _____ at _____ AM/PM prepare the second dose of Prepopik as described above

- Drink the contents of the Prepopik completely. Follow with Five (5) 8-ounce glasses of clear liquid within 1 hour
- **No more liquids after _____ AM/PM until your procedure is over (including water).**