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PROCEDURE DATE & TIME: _____ ARRIVAL TIME _____

FACILITY _____

PREP INSTRUCTIONS FOR COLONOSCOPY - Prepopik

NO aspirin, motrin, ibuprofen, advil (or similar medications) 5 days before procedure. **Tylenol is okay to take!** If you are taking **Plavix, Coumadin (Warfarin), Lovenox** or other prescribed blood thinners, it's **very important** that you notify the nurse for instructions as when to **STOP** this medication before your procedure.

DAY BEFORE:

1. On _____ you **MUST** be on a clear liquid diet **ALL DAY**. No solid foods! **LIST OF LIQUIDS:** Tea, coffee, coke, sprite, diet soda, chicken or beef broth, Jell-O, popsicles, apple juice, cranberry juice, gatorade, and water. Absolutely **NO** red Jell-O or red products! **NO ORANGE JUICE. MILK. OR MILK PRODUCTS.**
2. If you are a diabetic and take medications, **HALF DOSE** your diabetic medication. **ONLY** the day prior to your procedure.
3. At **6 pm** complete the following steps using your Prepopik kit.
 - a. Fill the dosing cup provided with cold water up to the lower line on the cup (5 oz).
 - b. Pour in the contents of ONE packet. Stir for 2-3 minutes until dissolved. Drink the entire contents.
 - c. Follow with FIVE 8-oz drinks of clear liquid, taken at your own pace. *Check off as you finish each drink **_1 _2 _3 _4 _5**
4. If you do not have any bowel movements by 9 p.m. call our doctor on-call at 972-562-4430, option 3 (after hours).

DAY OF:

5. _____am/pm **Repeat steps a and b**, follow with at least THREE 8-oz drinks of CLEAR liquid. *Check off as you finish each drink **_1 _2 _3**
6. You **MUST HAVE TRANSPORTATION** from the facility by an adult family member or friend otherwise, your procedure will be cancelled.
7. You may take blood pressure or heart medication with **just a sip** of water **early** on the morning of your procedure.
8. **NO FOOD or DRINK** 3 hours before your scheduled procedure time!
9. Other: _____