

# GASTROENTEROLOGY OF SAN MARCOS/NEW BRAUNFELS

**TDDC** Texas Digestive Disease Consultants

Diplomates of the American Board of Internal Medicine  
and Subspecialty Board of Gastroenterology

W. Kern Deschner, M.D., F.A.C.G.  
Edwards F. Coles, M.D., F.A.C.P., F.A.C.G.  
Thomas Kepczyk, M.D., F.A.C.P., F.A.C.G.  
Carlos A Neghme, M.D., F.A.C.G.

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## COLONOSCOPY Prepopik

### PLEASE READ ALL INSTRUCTIONS CAREFULLY!

If you need to cancel your appointment, please contact the office at least Three (3) days prior to your procedure. If the office does not receive cancellation 24 hours prior to your procedure a *cancellation fee will be charged*.

\*\*\*\*\*If the prep is not completed appropriately, your procedure may be cancelled\*\*\*\*\*

You have been scheduled for a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_ .  
Please arrive at facility by \_\_\_\_\_ .

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- Bring your **Insurance Card** and **payment** for necessary co-pays
- Wear loose-fitting comfortable clothing. NO lipstick, contact lenses, makeup.
- **Leave Jewelry at home**
- Bring phone and fax numbers of referring physicians you would like reports sent to
- **YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE YOU HOME**
  - **Your driver must stay during your procedure.** Plan for someone to be with you 4-6 hours after your procedure as well.

Your procedure **WILL BE CANCELLED** if you do not have a driver to take you home

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### MEDICATION GUIDELINES



- You may take your other necessary medications as you usually would
- On day of the exam, NO diuretics should be taken (Lasix, Aldactone, HCTZ, etc)
- Diabetic medications require special instructions
- **BRING A LIST OF YOUR CURRENT MEDICATIONS** (including over the counter meds)
- If you are a female, you must notify someone if there is any possibility you maybe pregnant.

**5** days prior to your procedure ( \_\_\_\_\_ )

- STOP TAKING: Iron pills, Coumadin, Plavix, Aggrenox, Pletal, Effient, Pradexa, Xarelto, Eliquis etc. (unless otherwise instructed)
- Avoid eating any raw fruits, vegetables or nuts(**COOKED or CANNED VEGETABLES AND FRUITS ARE ALLOWED**)

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**IF YOU HAVE NOT HAD A BOWEL MOVEMENT 1-2 DAYS PRIOR TO YOUR EXAM, TAKE 1 BOTTLE OF MAGNESIUM CITRATE (which is sold over the counter) AT 8PM ON**

## **1** day prior to your procedure ( \_\_\_\_\_ )

- **FOR BREAKFAST:** you may have full liquid diet (milk, plain oatmeal, plain yogurt, pudding, nut free ice cream, cream soups)
- **REST OF THE DAY: CLEAR LIQUID DIET ONLY. NO SOLID FOOD**
  - Strained Fruit Juices without pulp (apple, White Grape or lemonade) No red/purple juices.
  - Water (drink at least 64 ounces through the course of the day)
  - Clear broth or bouillon, coffee or tea, (without milk or non-dairy creamer)
  - All of the following as long as they are **NOT** colored **RED** or **PURPLE**
    - Gatorade- Snapple
    - Carbonated and non-carbonated soft drinks (7-up, sprite, ginger ale)
    - Kool-Aid (or other fruit flavored drinks)
    - Plain Jell-O (preferably clear or yellow, without added fruits or toppings)
- **AT 6:00PM:** Take first dose of **Prepopik** laxative
  - Fill the dosing cup provided with cold water to the 5oz line.
  - Pour in the contents of 1 packet of Prepopik
  - Stir for 2-3 minutes until contents dissolves and drink the entire contents.
  - You must then fill cup to 8oz line with plain water and drink one 8oz cup every 15 minutes until you have consumed FIVE 8oz cups of water.

## **Day of your procedure**

- **6 HOURS PRIOR (at \_\_\_\_\_):** Take second dose of **Prepopik** laxative
  - Fill the dosing cup provided with cold water to the 5oz line.
  - Pour the contents of remaining packet of Prepopik
  - Stir for 2-3 minutes until contents dissolves and drink entire contents.
  - You must then fill cup to 8oz line with plain water and drink one 8oz cup every 15 minutes until you have consumed THREE 8oz cups of water.
- **4 HOURS PRIOR (at \_\_\_\_\_): NO FURTHER LIQUIDS BY MOUTH(no gum,candy,ice or water) (except a sip of water with your medications)**

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\*\*\*\*\* If you eat or drink within 4 hours of the procedure, we may have to cancel the procedure.\*\*\*\*\*

### YOU ARE SCHEDULED AT THE FOLLOWING:

- Central Texas Medical Center** (call 512-753-3665) 1-2 days prior to exam  
1301 Wonder World Drive, San Marcos, TX. 78666
  - Christus Santa Rosa Out Patient Surgery-San Marcos** (call 830-643-8600) 1-2 days prior to exam  
Enter through "Main Entrance" of Hospital (Central Texas Medical Center)  
1301 Wonder World Drive Suite 105, San Marcos, TX. 78666
  - Christus Santa Rosa Out Patient Surgery-New Braunfels** (call 830-643-8600) 1-2 days prior to exam  
1738 E. Common Street, New Braunfels, TX 78130  
**(YOU ARE SCHEDULED AT SURGERY CENTER NOT HOSPITAL)**
  - Seton Edgar B. Davis Admission Office** (call 830-875-7000) 1-2 days prior to exam  
130 Hays Street, Luling, TX. 78648
  - Resolute Hospital** (830) 500-6000 (No pre-registration required)  
555 Creekside Way, New Braunfels, TX 78130
- For questions regarding anesthesia call **1-866-647-3631**
  - For questions regarding physicians bill call **214-623-6230**

**If you have any questions please call: Michele ext 2207 or Nelda ext 2208**