

# COMPREHENSIVE GASTROENTEROLOGY PA

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## Colonoscopy - Prepopik Bowel Prep

**\*NO aspirin or blood thinning medication 5 days prior to your procedure. If you are on medications like Coumadin or Plavix, you need a verbal clearance from the doctor who prescribed the medications.**

**\* You must stop the clear liquid diet at midnight, and ONLY continue the rest of the colon prep and water indicated in the instructions.**

**\*Do not take any other medications after 6 pm the night before your procedure unless its heart or blood pressure, which you may take the morning of your procedure with a small sip of water.**

**\* You will need a driver for the procedure.**

### Prepopik Prep

\*\*\*\*\*IMPORTANT\*\*\*\*\*

### **THE ENTIRE DAY BEFORE PROCEDURE LIQUIDS ONLY, NO EXCEPTION!!!!**

Clear liquid diet consists of: Coffee (no creamer or milk products). Tea, Chicken or Beef broth. Carbonated and Non-Carbonated soft drinks, Popsicles, Jell-O or Fruit Juice without pulp, Kool-Aid, or Gatorade. AVOID RED or PURPLE colors, this may discolor the test area and cause inaccurate results. Avoid solid foods and dairy products.

**IF YOU EAT ANY FOOD, OR HAVE DAIRY PRODUCTS THE DAY BEFORE YOUR PROCEDURE, YOU WILL BE RESCHEDULED!!!**

### **THE DAY BEFORE YOUR COLONOSCOPY:**

At 7pm

1. Fill the dosing cup provided with cold water up to the lower (5 ounce) line on the cup.
2. Pour the contents of ONE (1) packet into the cup and stir for 2-3 minutes. Drink entire contents.
3. Follow with FIVE (5), 8-ounce drinks of clear liquid, at your own pace within the next 2 hours.

### **THE DAY OF YOUR COLONOSCOPY:**

**Three (3) hours prior to your arrival time at the facility:**

Repeat steps 1 and 2 using the other packet, and then follow immediately with at least THREE (3), 8-ounce drinks of clear liquid

**Be sure and finish ALL of the solution and water. \*DO NOT FOLLOW INSTRUCTIONS ON BOX**