

COLONOSCOPY

PREPOPIK BOWEL PREPARATION INSTRUCTIONS

Patient's Name: _____

Procedure Location: **Digestive Care Medical Center** (650) 596-8800 (scheduling/after hr)
1000A Laurel Street, San Carlos, CA (650) 596-8118 (nursing)

Date and Time of Procedure: _____

Arrival Time: _____

Purpose of Procedure: To evaluate the colon with a flexible instrument.

Preparation:

- Obtain the prescribed Prepopik Bowel Prep Kit from a pharmacy.
- **Five Days Before:** Stop taking any iron, aspirin, Coumadin, Lovenox, Plavix, or NSAIDs (e.g. ibuprofen, Motrin, Advil, Nuprin, Aleve, Naprosyn etc.). Tylenol, Celebrex, and Mobic are O.K. to take as directed. Also stop taking any Olestra containing products (e.g. Frito-Lay's WOW chips, Pringle fat-free chips).
- **One Day Before:**
 1. Drink **only clear liquids the entire day** (black coffee, tea, soda, water, apple juice, cranberry juice, grape juice, Gatorade, clear broth, popsicles, and jello. No red jello. No alcohol. No solid food).
 2. **The evening before your colonoscopy** At approx. 4-5p fill the provided dosing cup with 5 ounces of water (lower line of cup). Pour the contents of **ONE** packet into the 5 ounces of water and stir 2-3 min until dissolved. Drink the entire contents.
 3. **Drink an additional at least FIVE 8 ounce drinks** of clear liquid taken at your own pace within the next 5 hours.
- **Day of Procedure:**
 1. Approximately **FIVE** hours before procedure fill the provided dosing cup with 5 ounces of water (lower line of cup). Pour the contents of **ONE** packet into the 5 ounces of water and stir 2-3 min until dissolved. Drink the entire contents.
 2. **Drink at least FIVE 8 ounce drinks** of clear liquid over the next 2 hours. Nothing to drink for 2 hours prior to the exam except for sips of water with any necessary medications on the day of the exam.

Please note:

- If you are diabetic or take blood thinners check with your doctor about specific instructions.
- Arrange for someone to drive you home (not taxi or bus) and be prepared to be at the endoscopy center for 90 minutes. **You will not be able to drive for the remainder of the day of your procedure.**
- Please call the Center at (650) 596-8118 or the Office at (650) 596-8800 for any questions about the preparation or procedure. Please call 596-8800 **at least** one week prior to exam if you must cancel. There is a \$300 charge for procedures cancelled within 5 business days of scheduled date.
- The above procedure may result in a bill from our office, the Digestive Care Medical Center, and from a pathologist. All three of these providers may not be in your insurance company network.