

COLONOSCOPY PREPARATION FOR

PREPOPIK

Please follow these guidelines to adequately prepare for your colonoscopy. The following instructions will assure a safe procedure with minimal risk of cancellation.

- You may continue to take your prescribed medications until the day of your procedure.
- No Coumadin **5 days prior** to your procedure or as directed by your physician.
- If you take **insulin for diabetes**, please contact your primary physician or endocrinologist for specific dosing instructions. Make them aware you are following a clear liquid diet and are required to do a bowel prep.
- No seeds, nuts, or leafy greens **3 days prior** to your procedure.

The day BEFORE your procedure:

You may have a light breakfast **before 8:00AM**. This may include eggs, toast, cold cereal, coffee, tea, or clear juices.

AFTER 8:00AM, you are to have clear liquids only. **NO SOLID FOOD!** Clear liquids include water, juice (apple, white grape, or white cranberry), clear broth or bullion, soft drinks, sports drinks, Crystal Light, gelatin, and popsicles (frozen liquid only, **NO** fruit bars). **NOTHING RED OR PURPLE**. Coffee and tea are permitted, but **NO** liquid milk or creamer. Powdered coffee mate, sugar, and honey are okay. Drink as much of the clear liquids as possible to remain hydrated and help you feel better as you begin your prep later on.

BETWEEN 5:00PM – 7:00PM: Fill the dosing cup provided with your prep kit with cold water to the lower (5 oz) line. Pour the contents of one prep packet into the cup and stir for 2-3 minutes until dissolved. ***It is important to stir the solution for the recommended time so it is completely dissolved with no granules visible. This will allow for the chemical reaction that is necessary for the medication to work properly.*** Drink **ALL** of the liquid in the cup once it is completely stirred. You may notice that the temperature of the liquid is now warm. This is normal.

You **MUST** drink **FIVE (5)** additional 8 oz glasses of water, or a clear liquid of your choice to flush the prep solution through your system. This may be done over the next 4 – 5 hours throughout the evening.

The morning of your procedure:

SIX (6) HOURS BEFORE YOUR PROCEDURE: (_____AM) Repeat the instructions above using the contents of the second prep packet. Again, make sure to stir the solution for 2 – 3 minutes.

You **MUST** drink **THREE (3)** additional 8 oz glasses of water or clear liquid of your choice to flush the prep solution through your system. This should be done over the next (1) hour.

NOTHING BY MOUTH AFTER THESE THREE (3) GLASSES OF LIQUID!!

The prep solution will cause you to have diarrhea to clean out your colon. This is normal and you should not be concerned unless you begin to feel very light-headed or very nauseous. This should not be a problem if you have had lots of clear liquids throughout the previous day. You may use Vaseline or Tucks pads for comfort if necessary. If you have any questions, please call your doctor's office.