

To ensure a successful exam, please follow all instructions carefully.

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you have diabetes, ask your physician for diet and medication instructions. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. Please bring a list of all of your current medications, including any over-the-counter medications with you. **If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.**

BEFORE YOUR EXAM:

Fill prescription for Prepopik at your local pharmacy. Inside the Prepopik box you will find 1 dosing cup and 2 packets of Prepopik Powder.

7 DAYS BEFORE YOUR COLONOSCOPY:

If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician. You should discuss this with your physician in advance of the procedure. Ask your doctor for specific instructions if you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel or Lovenox.

3 DAYS BEFORE YOUR COLONOSCOPY:

Stop eating all nuts, seeds and popcorn.

2 DAYS BEFORE YOUR COLONOSCOPY

Drink at least 8 glasses of water during the day and stop eating solid foods no later than midnight.

1 DAY BEFORE YOUR COLONOSCOPY:

Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration.

At 6 pm, fill the provided dosing cup with cold water up to the lower line on the cup (5 oz of water). Pour in the contents of one (1) packet and stir for 2-3 minutes. After stirring, drink the entire contents of the dosing cup. At your own pace over the next five (5) hours, drink five (5) 8 oz glasses of clear liquid.

Clear Liquid:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy

Not Clear Liquid:

- No red or purple items of any kind
- No alcohol
- No milk or non dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

DAY OF YOUR COLONOSCOPY:

At least six hours before the exam, fill the provided dosing cup with cold water up to the lower line on the cup (5 oz of water). Pour in the contents of one (1) packet and stir for 2-3 minutes. After stirring, drink the entire contents of the dosing cup. At your own pace over the next two (2) hours, drink three (3) 8 oz glasses of clear liquid. **3 hours before**, stop drinking all clear liquids. You may take all of your usual morning medications **up to 3 hours prior to your procedure**. Bring a list of all of your current medications, including any over-the-counter medications, with you.

You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

COLON CLEANSING TIPS

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
5. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.