

## **Prepopik Instructions**

1. If your procedure will take place in our office please arrive one hour before your scheduled time.

2. If your procedure is scheduled at Saint Catherine of Siena please call (631) 862-3636 between the hours of 12 p.m. and 2 p.m. the day before your procedure to confirm your arrival time.

- You will need to pick up your Preparation Kit from your local pharmacy a few days before your procedure.
- **Confirm your ride arrangements.** You **must have an adult** over the age of 18 accompany you, even if you take public transportation. Your **procedure will be cancelled** if you have not made arrangements. You **will not be able to drive** the remainder of your procedural day.
- Please bring your **completed medication reconciliation form**. This was given to you the day you scheduled your procedure.
- If you take **Coumadin, Plavix, Lovenox** or any other **anti-coagulant/anti-platelet medication** (blood thinners) you should **stop** your medication **2-7 days** prior to your procedure. You should discuss this with our office two weeks before your procedure. You may **continue** to take your **blood pressure medications** and **aspirin** if prescribed for your **heart condition**.
- If you are a **diabetic** on **insulin** or **oral medication**, you should have received **special instructions** on what to do the day before and the morning of your procedure. Please **contact the office** if you have any questions.
- If you take **anti-inflammatory** and/or **arthritis** medication, please **discontinue 5 days before** procedure. You may take **Tylenol** for pain.
- We must know if you have an **implanted defibrillator (AICD)**, **pacemaker** or **artificial heart valve**. If you have not already done so, please contact the office with this information.
- Please bring your **inhaler**.
- Please wear **loose fitting clothes** on the day of your procedure. You may brush your teeth.
- Remove jewelry and leave at home.

**DAY BEFORE PROCEDURE:** The preparation is needed to empty your bowel contents so we can see the intestinal lining. It will be necessary for you to drink the entire prep—if not, your test may need to be repeated at another time.

\*\*The day before the exam, you may only drink “clear liquids.” These include: coffee, tea, ginger ale, cola, sprite, Gatorade, clear broth (chicken or beef), juices without pulp, iced tea, Jell-O, iced pops and Italian ices. Please do not have any red or purple products. NO SOLID FOODS OR MILK PRODUCTS MAY BE CONSUMED. No gum or candy allowed. Please drink at least 8 glasses of clear liquids during the course of the day. It is very important to stay hydrated while you are prepping.

2. **Beginning at 6 p.m. on the day before your procedure**, fill the supplied dosing cup with cold water up to the lower (5 oz.) line. Pour in the contents of one packet of PREPOPIK powder. Stir for 2-3 minutes until fully dissolved. The PREPOPIK solution may become slightly warm as the powder dissolves. Drink the entire contents. Follow with FIVE 8-ounce glasses of clear liquids (8 oz.) line, taken at your own pace within the next 5 hours, before bed.

3. You MUST drink TWO more 16-ounce containers of water over the next hour (fill the cup up two more times with plain water and drink). **Drinking is essential for a good preparation and to maintain hydration.**

**DAY OF PROCEDURE:**

1. **Beginning 4 hours before your colonoscopy**, begin your second dose of the prep. You will mix as you did for the first dose. Drink the entire contents, then follow with THREE 8-ounce glasses of clear liquids (8 oz. line). **YOU MUST FINISH DRINKING THIS AT LEAST 2 HOURS PRIOR TO ARRIVAL. DO NOT DRINK ANYTHING AFTER COMPLETION!**

**THE DAY BEFORE YOUR PROCEDURE DO NOT EAT ANY FOOD!**