

GASTROINTESTINAL HEALTHCARE

Improving Your Health From The Inside Out.

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Prepopik Day Before - Patient Instructions Pre-Colonoscopy

Patient Name: _____

Date: _____ **Arrival Time:** _____

Location: _____ GastroIntestinal Healthcare (2011 Falls Valley Dr., Suite 106)
_____ Duke Health Raleigh Hospital (3400 Wake Forest Rd.)

You will be following a low-fiber diet for the two days prior to your prep day. Please refer to the low-fiber diet brochure for details.

If you have a medical condition that requires you to take a preventative antibiotic prior to your procedure, please let us know at least two days prior to your procedure by calling our office at (919) 870-1311.

Please purchase the following items at your pharmacy:

- Your prescription for Prepopik bowel preparation kit
- Two Dulcolax laxative tablets (or its generic equivalent, bisacodyl), if you tend to be constipated or sometimes need a laxative.

One Week (7 days) prior to your colonoscopy, stop taking the following medications:

- Ibuprofen, Advil, Motrin, arthritis medication, Aleve, B.C. Powder, Excedrin, all vitamins and supplements, iron, Alka Seltzer, Pepto Bismol or equivalent, and psyllium products such as Metamucil or Citrucel. Tylenol may be used for pain.
- If you are taking aspirin or any blood thinners such as Aggrenox, Brilinta, Cilostazol, Clopidigrel, Coumadin, Dipyridamole, Effient, Eliquis, Enoxaparin, Lovenox, Pentoxifylline, Persantine, Plavix, Pletal, Pradaxa, Ticlopidine, Warfarin or Xarelto, please follow the instructions given to you by your prescribing physician:

- Please continue to take all other medications.

Two Days before your colonoscopy: If you tend to be constipated or sometimes need a laxative, take two Dulcolax laxative tablets (or its generic equivalent, bisacodyl) at 6:00 p.m. Dulcolax tablets are available for purchase over the counter at the pharmacy. Do not chew or crush the tablets. Do not take within one hour of taking an antacid.

One Day before and the day of your colonoscopy: Medication Instructions

- For diabetics – insulin dependent: Take half of your usual morning dose of insulin on the day before your procedure. Do not take any insulin on the day of the exam.
- For diabetics – oral agents: Do not take any oral anti-diabetic medication on the day before your procedure or the day of the procedure.
- Take any heart or blood pressure medications the morning of your procedure with a few sips of water.
- If you are on any inhalers please bring them with you the day of your procedure.

One Day before your colonoscopy: Diet Instructions

Diet Instructions: No solid foods all day. Avoid anything red or purple in color. No milk products are permitted. On the day before your colonoscopy, you may have the following approved liquids only. It is important to stay well-hydrated by drinking plenty of liquids from this list throughout the day.

Prepopik Instructions

Approved Liquids – One Day before your colonoscopy you may have only the following:

- Water
- Soft drinks (diet or regular)
- Gatorade, sports drinks
- Apple juice
- Tea (iced or hot)
- Fat free broth or bouillon
- Jello (cannot contain fruit)
- White grape juice
- Coffee
- Fruit-flavored drinks
- Popsicles
- White cranberry juice

You will need to drink a laxative solution called Prepopik to cleanse your colon. You must complete the entire prep to ensure the most effective cleansing.

What's Inside

Inside your Prepopik box you will find:

- One (1) dosing cup
- Two (2) packets of Prepopik powder
- Complete Product Information for your reference



Day-Before (afternoon and evening-before the procedure) Dosing

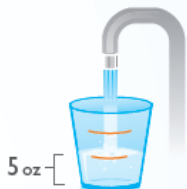
The day before your colonoscopy, you will be taking your first Prepopik packet in the afternoon, and taking your second packet 6 hours later. **The two doses must be taken 6 hours apart.**

At 3:00 p.m. on the day before your colonoscopy procedure:

Dissolve 1 packet of powder in 5 ounces of cold water in the afternoon, followed by a minimum of five 8-ounce glasses (upper line on the dosing cup) of approved liquids (from the list above) before the next dose. You may add Crystal Light powder, Gatorade or other types of sports drinks to the solution to improve the flavor, as long as it is not red or purple in color.

STEP ONE

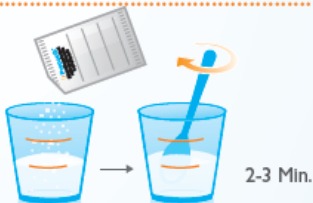
Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup



Check off a circle as you finish each drink.

STEP TWO

- Pour in the contents of ONE (1) packet
- Stir for 2-3 minutes until dissolved
- Drink the entire contents



STEP THREE

Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace, within the next 5 hours



At 9:00 p.m. on the day before your colonoscopy procedure:

Dissolve the 2nd packet of powder in 5 ounces of cold water (followed by three 8-ounce glasses (upper line on the dosing cup) of approved liquids before bed. You may continue to drink approved liquids until 2 hours before your arrival time.



Once you have finished all of the solution, your bowel movements should be clear liquid, or slightly yellow in color. If your stools are not clear, contact our office at 919-870-1311 for further instructions.

IMPORTANT NOTES FOR THE DAY OF YOUR PROCEDURE:

- **DO NOT DRINK ANY LIQUIDS TWO HOURS PRIOR TO YOUR ARRIVAL TIME**; you will be receiving anesthesia, and having liquids in your stomach puts you at greater risk for aspiration. Your procedure may be delayed if you have consumed liquids too close to your procedure time.
- Please bring your driver license, insurance card and any co-pay/deductibles owed.
- We suggest you wear warm socks and loose comfortable clothing the day of your procedure. Please leave all valuables at home. GIH cannot be responsible for your valuables or personal items.
- Be prepared to stay at our facility for approximately 1 ½ to 2 hours. If you are having a procedure that requires sedation, you must make arrangements to have a responsible adult 18 years or older accompany you to our office and drive you home. This person must remain in our facility until you are discharged. Please do not ask someone to drop you off and return for you at a later time; patients are not permitted to take a cab or bus home. If you do not have a responsible adult with you upon arrival, GastroIntestinal Healthcare reserves the right to delay or reschedule your procedure.
- During the remainder of the day, do not plan on: returning to work or school; driving; signing legal documents or participating in any activity that requires coordination or balance.
- Visitors to the recovery room are limited to one person per patient. Children under the age of twelve are not allowed in the recovery room for any reason.
- If you have any questions, or if you have any cold or upper respiratory symptoms within 3 days of your scheduled procedure, please contact our office at (919) 870-1311. We look forward to participating in your health care.