

IF YOU CANNOT KEEP YOUR APPOINTMENT, PLEASE GIVE AT LEAST TWO (2) BUSINESS DAYS NOTICE

COLONOSCOPY PREP USING PREPOPIK

Your colonoscopy is scheduled on _____ arrive at _____.

Procedures scheduled before NOON


ONE WEEK before procedure

- Stop all OTC medicine. May continue Tylenol & 81mg Aspirin.
- Notify office if you use any blood thinners (example: Coumadin or Plavix).
- Go to pharmacy and pick-up prescription for prep (we have sent it electronically).

TWO DAYS before procedure, start low residue diet (Sat-Sun-Mon-Tues-Wed-Thurs-Fri)

ONE DAY before procedure, start clear liquid diet (Sat-Sun-Mon-Tues-Wed-Thurs-Fri)

Continue clear liquids all day. **It is important to drink at least 64oz of clear liquids before you begin prep.**

- Between **4-6pm**, Start prep. complete steps a-d **exactly** as directed:
 - Fill dosing cup provided with **cold** water up to lower (5oz) line.
 - Pour contents of ONE (1) packet and stir **2-3 minutes** until dissolved.  It's imperative to stir 2-3 minutes for prep to work. **DO NOT REFRIGERATE AFTER STIRRING.**
 - Drink entire contents.
 - Follow up with FIVE (5) 8oz drinks clear liquid taken at your own pace within the next 4-5 hours.
- Between **9-10pm**, REPEAT STEPS a-d as listed above.
- When you finish Prepopik, you should pass clear liquid from rectum. If return is not clear, take a Fleets enema in the evening and another Fleets enema in the morning at least two hours prior to scheduled arrival time.
- Nothing by mouth after midnight, except as noted below.**



MORNING OF procedure:

- The endoscopy center opens at 7:00AM if you have questions. You may brush your teeth.
- You may continue **clear liquid diet until 4 hours prior to arrival time.**
- Only blood pressure/heart medications should be taken with a small amount of water on the morning of procedure.
- All other medications should NOT be taken the morning of test. Resume medications after you are able to eat.
- BRING YOUR CURRENT MEDICATIONS OR LIST WITH YOU ON THE DAY OF YOUR TEST
- You will be sedated and need to have someone available to listen to the doctor's advice upon discharge and drive you home after the test. If you do not have a driver, your test will be rescheduled.**

Prep Tips

- ✓ Walking around helps the prep go down.
- ✓ You may reduce rectal soreness from the prep by cleansing with baby wipes after bowel movements and then applying zinc oxide to the skin in the rectal area.
- ✓ The prep may seem difficult but it allows the physician to see the lining of your colon clearly.
- ✓ Using a straw to drink the prep may help with the taste and getting the prep down.
- ✓ **A good prep may lengthen the time needed before your next colonoscopy!**

*****IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AND ASK FOR A NURSE****

IF YOU CANNOT KEEP YOUR APPOINTMENT, PLEASE GIVE AT LEAST TWO (2) BUSINESS DAYS NOTICE

COLONOSCOPY PREP USING PREPOPIK

Your colonoscopy is scheduled on _____ arrive at _____.

Procedures scheduled at NOON or later


ONE WEEK before procedure:

- Stop all OTC medicine. May continue Tylenol and 81mg of Aspirin.
- Notify office if you use any blood thinners (example: Coumadin or Plavix).
- Go to pharmacy and pick-up prescription for prep (we have sent it electronically).

TWO DAYS before procedure, start low residue diet (Sat-Sun-Mon-Tues-Wed-Thurs-Fri)

ONE DAY before procedure, start clear liquid diet (Sat-Sun-Mon-Tues-Wed-Thurs-Fri)

Continue clear liquids all day. **It is important to drink at least 64oz of clear liquids before you begin prep.**

1. Between **4-6pm**, Start prep. complete steps a-d **exactly** as directed:
 - a. Fill the dosing cup provided with **cold** water up to lower (5oz) line.
 - b. Pour contents of ONE (1) packet and stir **2-3 minutes** until dissolved.  It's imperative you stir for 2-3 minutes for prep to work. **DO NOT REFRIGERATE AFTER STIRRING.**
 - c. Drink entire contents.
 - d. Follow up with **FIVE (5)** 8oz drinks clear liquid taken at your own pace within the next 5 hours, before bed.



2. **Nothing by mouth after midnight, except as noted below.**

MORNING OF procedure:

1. **Six hours prior** to your procedure _____, REPEAT STEPS a-d as listed above.
2. When you finish Prepopik, you should pass clear liquid from rectum. If return is not clear, take a Fleets enema at least two hours prior to arrival time.
3. The endoscopy opens at 7:00AM if you have questions. You may brush your teeth.
4. You may continue **clear liquid diet until 4 hours prior to arrival time.**
5. Only blood pressure/heart medications should be taken with a small amount of water on the morning of procedure.
6. All other medications should NOT be taken the morning of test. Resume medications after you are able to eat.
7. **BRING YOUR CURRENT MEDICATIONS OR LIST WITH YOU ON THE DAY OF YOUR TEST**
8. **You will be sedated and need to have someone available to listen to the doctor's advice upon discharge and drive you home after the test. If you do not have a driver, your test will be rescheduled.**

Prep Tips

- ✓ Walking around helps the prep go down.
- ✓ You may reduce rectal soreness from the prep by cleansing with baby wipes after bowel movements and then applying zinc oxide to the skin in the rectal area.
- ✓ The prep may seem difficult but it allows the physician to see the lining of your colon clearly.
- ✓ Using a straw to drink the prep may help with the taste and getting the prep down.
- ✓ **A good prep may lengthen the time needed before your next colonoscopy!**

*****IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AND ASK FOR A NURSE****

LOW RESIDUE DIET

This is used to heal the colon and also used to prepare for procedures. It is low in fiber and fat.

Food Type	Foods Allowed	Foods Not Allowed
Beverages	<ul style="list-style-type: none"> • Coffee, tea and decaff. beverages • Skim or 1% milk (limit to 1 cup/day) • Carbonated drinks (1 cup per day) 	<ul style="list-style-type: none"> • High fat milk & milk products • Alcohol
Breads, Cereal, Rice, & Pasta	<ul style="list-style-type: none"> • Soft breads such as white breads • Crackers without wheat, nuts, or seeds • Cooked cereals (grits/cream of wheat) • Rice krispies, corn flakes, Special K • White rice, Pasta 	<ul style="list-style-type: none"> • Whole grain bread, cereal, pasta • Oatmeal or Granola cereals • Any with nuts, seeds, or fruit • seasoned bread, grain, or pasta • Brown or wild rice
Fruit/Juices	<ul style="list-style-type: none"> • All strained fruit juices • Canned peaches, pears, apricots • Applesauce; Baked apple without skin • Ripe banana 	<ul style="list-style-type: none"> • All other fruits and juices • No prunes or prune juice.
Vegetables	<ul style="list-style-type: none"> • Tender cooked green beans, wax beans, asparagus, beets, carrots, and white potatoes (all skins removed) • Vegetable juices (<u>NOT V-8</u>) • Tomato sauce, plain with no spice 	<ul style="list-style-type: none"> • Raw or Fried vegetables • All vegetables with skins • Broccoli, brussel sprouts, cabbage, cauliflower, corn, dried beans and peas, onions, rutabagas • Potato chips
Meat or Substitute	<ul style="list-style-type: none"> • Baked, broiled, boiled, roasted, stewed, or microwaved tender chicken, turkey, veal, beef, lamb, and lean pork • Smooth peanut butter • Tofu • Eggs or egg substitute (not fried) • Tuna, crawfish, shrimp, crabmeat • Soft mild American or cheddar cheese 	<ul style="list-style-type: none"> • All fried meats • Meats cooked in roux/cream sauce • Tough, stringy, highly seasoned meats • Sausage, boudin, cracklins • Regular cold cuts, hot dogs • Dried peas or beans • All other cheese
Soups	<ul style="list-style-type: none"> • Clear broth based soups • Chicken or turkey noodle • Chicken with rice 	<ul style="list-style-type: none"> • All others
Fats/oils	<ul style="list-style-type: none"> • Limit 1-2 tsp per meal • Margarine, butter, mayonnaise, oil, non-dairy creamer 	<ul style="list-style-type: none"> • All fried foods • All others.
Sweets & Desserts	<ul style="list-style-type: none"> • Sugar, syrup, honey, jelly, seedless jam, Hard candies • Plain cakes (angel food, sponge) • Plain cookies (animal, sugar, vanilla) • Jello-O, Popsicles, sherbet 	<ul style="list-style-type: none"> • Jams & marmalade • Sweets containing nuts, coconut, or chocolate • All others
Miscellaneous	<ul style="list-style-type: none"> • Salt, mild herbs and flavorings, such as vanilla, cinnamon and paprika • Mildly flavored gravies and sauces • Lemon juice • non-nutritive sweeteners 	<ul style="list-style-type: none"> • Black and red pepper • Mustard seeds, onions, garlic • Vinegar, catsup, mustard, BBQ sauce, horseradish, steak sauce • Coconut, nuts, pickles, olives, popcorn

Sample Menu

Breakfast

½ cup apple juice
 ½ cup grits w 1 tsp margarine
 1 poached egg
 1 slice white toast
 1-cup skim milk
 1-cup decaf coffee

Lunch

3 oz roast beef/gravy
 ½ cup mashed potatoes
 1-cup steamed carrots
 1 dinner roll
 1 slice angel food cake
 1-cup fruit punch

Dinner

3 oz baked chicken
 2/3 cup buttered rice
 ½ cup green beans
 ½ cup canned peaches
 1-cup iced tea

Clear Liquid Diet

A clear liquid diet consists of clear liquids — such as water, broth and plain gelatin — that is easily digested and leaves no undigested residue in your intestinal tract. **NO RED OR PURPLE OF ANY KIND**

If you can't see through it, DON'T drink it.

Food Type	Liquids Allowed	Liquids NOT Allowed
Beverages	<ul style="list-style-type: none"> • Water • Black coffee & tea (regular or decaf) • Kool-aid, fruit flavored beverages • Sports drinks • Carbonated beverages limited to 2/day 	<ul style="list-style-type: none"> • Milk & milk like products • Alcoholic beverages • Creamers (including non-dairy) • RED OR PURPLE
Fruit Juices	<ul style="list-style-type: none"> • Strained juices including apple, white grape, white cranberry 	<ul style="list-style-type: none"> • Fruit juice with pulp • Prune juice • RED OR PURPLE
Soups	<ul style="list-style-type: none"> • Clear chicken, beef, or vegetable broth • Bouillion or consommé' 	<ul style="list-style-type: none"> • All others
Desserts	<ul style="list-style-type: none"> • Jello, NO RED OR PURPLE • Popsicles, NO RED OR PURPLE • Snowballs, NO RED OR PURPLE 	<ul style="list-style-type: none"> • Any red or purple liquid • All other desserts
Sugars/Sweets	<ul style="list-style-type: none"> • Sugar, honey, syrup 	<ul style="list-style-type: none"> • All others • RED or PURPLE
Seasonings	<ul style="list-style-type: none"> • Salt 	<ul style="list-style-type: none"> • All others
Meat	<ul style="list-style-type: none"> • None 	
Fats	<ul style="list-style-type: none"> • None 	
Breads/Cereals	<ul style="list-style-type: none"> • None 	
Vegetables/Fruit	<ul style="list-style-type: none"> • Clear, strained liquid - NO RED OR PURPLE 	<ul style="list-style-type: none"> • All others

The day before your procedure, **do not drink anything red/purple colored liquid**. By avoiding these red/purple colored liquids, your returns from the prep should be yellow or light green.

Clear Liquid Recipes

Frozen Fruit Slush

- 1-6oz can frozen clear juice concentrate
- 4 Tablespoons sugar
- 3 cups crushed ice

Mix all ingredients.
Blend until smooth.

Fruit Fizz

- 1-cup clear liquid juice
- ½ cup sparkling water
- ½ cup ice

Blend ice and juice until slushy. Pour in glass & add sparkling water.

Lemon Lime Slushie

- Juice from two limes & one lemon, strained
- 1-cup sparkling water
- 1-cup ice
- 4 teaspoons sugar, or to taste

Blend ice & juice 'til slushy.
Add sparkling water.