

How to Prepare for Your Colonoscopy Using: Prepopik

IMPORTANT – PLEASE READ THESE INSTRUCTIONS AT LEAST TWO WEEKS BEFORE YOUR COLONOSCOPY!

Pick up your prescription for Prepopik at your local pharmacy **within a week of your office visit**. **Please follow these instructions only**. Disregard any instructions that come with the medicine or were provided by the pharmacy.

Key Instructions:

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all of the instructions in this handout EXACTLY as they are written.
- Pick up your bowel preparation from the pharmacy within a week of your office visit.
- Do NOT eat any solid food the ENTIRE day before your colonoscopy.
- Do NOT mix the solution until the day before your colonoscopy.
- A responsible family member or friend MUST come with you to your colonoscopy and REMAIN in the waiting area until you are discharged. You are NOT ALLOWED to drive, take a taxi or bus, or leave the procedure facility ALONE. If you do not have a responsible driver (family member or friend) with you to take you home, your procedure cannot be performed and will be cancelled.

Medications:

Some of the medicines you take may need to be stopped or adjusted before your colonoscopy. You MUST call the doctor who ordered any of the following medications at least 2 weeks before your colonoscopy.

- Blood thinners: Coumadin® (warfarin), Plavix® (clopidogrel), Ticlid® (ticlopidine hydrochloride), Agrylin® (anagrelide), Xarelto® (Rivaroxaban), Pradaxa® (Dabigatran), and Effient® (Prasugrel).
- Insulin or diabetes medications: Please call the doctor that monitors your glucose levels. Your insulin dosage may need to be adjusted due to the dietary restrictions required for this bowel preparation. (Please bring your diabetes medications with you on the day of your procedure.)
- If you take aspirin, take it and ALL other medications prescribed by your doctor. On the day of your colonoscopy, take your medications with a sip of water.

Colon Cleansing Tips:

- Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
- Continue to drink the prep solution as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
- 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.
- Sucking on peppermint or candy cane may be helpful.
- It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take two to four hours, and occasionally significantly longer).

- Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including A+D ointment, petroleum jelly, 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.
- It is okay to take a shower and brush your teeth.

The end result should be stool that is almost like urine, completely see through, with no solids.

5 Days Before Your Colonoscopy:

- Do NOT take medicines that stop diarrhea -- such as Imodium®, Kaopectate®, or Pepto Bismol®.
- Do NOT take fiber supplements -- such as Metamucil®, Citrucel®, or Perdiem®.
- Do NOT take products that contain iron -- such as multi-vitamins (the label should list what is in the product).
- Do NOT take vitamin E.

3 Days Before Your Colonoscopy:

- Stop eating all nuts, seeds, popcorn, grains, granola bars, quinoa, etc.
- Avoid any food with small seeds.
- Drink lots of liquid.
- Make sure that you are not constipated. You may take over the counter laxatives and stool softeners if needed.

One Day Before Your Colonoscopy:

Begin a clear liquid diet. Drink at least 8-10 glasses of water during the day to avoid dehydration.

Clear Liquid Examples:	Not Clear Liquid:
Clear Broth or Bouillon	No red or purple items <u>of any kind</u>
Carbonated and Non-Carbonated Soft Drinks	No alcohol
Strained Fruit Juices (No pulp)	No milk or non-dairy creamers
Gatorade, Pedialyte or Powerade	No noodles or vegetables in soup
Coffee or Tea (No Milk or Non-Dairy Creamer)	No juice with pulp
Kool-Aid or Other Fruit-Flavored Drinks	No liquid you cannot see through
Jell-O, Popsicles, Hard Candy	

Mixing & Drinking Prepopik

Step 1:

1. At 6 PM, the day before your procedure:
 - a. Fill the dosing cup provided with cold water up to the lower (5 ounce) line on the cup.
 - b. Pour in the contents of ONE (1) packet.
 - c. **Stir for 2 to 3 minutes until dissolved.**
2. Drink the entire contents.
3. Drink at least FIVE (5) additional 8-oz glasses of clear liquid, taken at your own pace, within the next 5 hours.

Step 2:

4. At 11 PM, the evening before your procedure:
 - a. Fill the dosing cup provided with cold water up to the lower (5 ounce) line on the cup.
 - b. Pour in the contents of ONE (1) packet.
 - c. **Stir for 2 to 3 minutes until dissolved.**
5. Drink the entire contents.
6. Drink at least THREE (3) additional 8-oz glasses of clear liquid, before midnight.
7. You may continue to drink clear liquids only until midnight.

All liquids must be stopped 4 hours prior to the procedure time. This includes your prep. This is for your safety and will reduce the risk of having food or liquid in your stomach move into your lungs (aspiration) during a procedure.

Please remember to take your blood pressure and necessary heart medications as per your usual schedule with a small sip of water.