

PREPOPIK BOWEL PREP

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285**

You can reach your physician's office at: **760.783.0441**

Special Notes: A&D ointment, patting instead of wiping, flushable moisten wipes, warm wash clothes and a warm bath are all helpful with possible rectal discomfort or tenderness.

Refrigerating the solution and sipping with a straw may make it more tolerable. Take a break if you experience nausea, vomiting or cramping; however, you will need to **complete the entire prep** as instructed to get the best results from your procedure.

7 days prior to procedure	5 days prior to procedure	3 days prior to procedure	24 hours prior to procedure	Day of procedure
<p>** FILL YOUR PRESCRIPTION FOR SOLUTION AT YOUR PHARMACY AS SOON AS POSSIBLE**</p> <p>Purchase clear liquid diet items, ointment, reading material, etc.</p>	<p>STOP taking Aspirin, NSAIDS (non-steroidal anti-inflammatory), blood thinners, fiber and iron supplements. Examples: Motrin, Ibuprofen, Naprosyn, Aleve, Alka Seltzer, Coumadin, Plavix and Fish Oil.</p> <p>You may continue use of Vitamins. You may take Tylenol for pain or headache</p>	 <p>STOP eating grains, seeds, nuts, fruit peels or <u>raw</u> vegetable peels until after your procedure.</p> <p>If you need to cancel/reschedule your procedure, please call (760) 783-0441. A \$100 fee will be charged if you cancel or reschedule within 72 hours of your appointment (Sat & Sun not included)</p>	<p>NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p>Prep at a Glance 6:00 pm take first dose of prep solution</p> <p>Detailed, step-by-step instructions continue on page 3.</p> <p>Confirm arrangements with your driver.</p>	<p>6:00 am take second dose of prep solution</p> <p>Nothing by mouth 4 hours prior to your procedure.</p> <p>NO GUM OR HARD CANDY</p> <p>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</p> <p>*If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure.</p>

***Clear Liquid Diet Details: NO RED NO DAIRY**

Approved

Sodas, coffee, tea
Clear juices, fitness waters
Chicken, vegetable and beef broth
Gelatin
Popsicles without pulp

Avoid

No milk/dairy
No juices with pulp
Popsicles with pulp
NO RED



Bowel Prep Frequently Asked Questions

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on call physician for further instructions.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?

You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

Why do I have to wake up at so early for the 2nd dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds do I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

PREPOPIK BOWEL PREP

Prep Day: The day before your procedure

No solid foods upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

IF YOU ARE DIABETIC: Do not take insulin or diabetic medication the night before your procedure.

1

6:00 PM the evening prior to your procedure

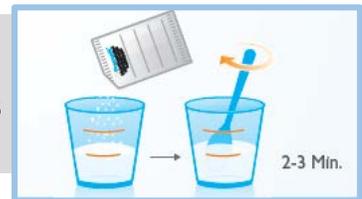
Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup



2

6:00 PM the evening prior to your procedure

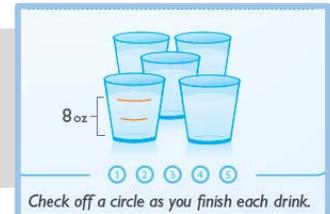
Pour in the contents of ONE (1) packet. Stir for 2-3 minutes until dissolved. **Drink the entire contents.**



3

After you finish Steps 1 and 2

Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace, within the next 2 hours.



Check off a circle as you finish each 8-ounce drink so you can keep track of your progress.

Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.

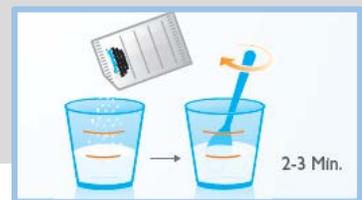
Prep Day: The day of your procedure

IF YOU ARE DIABETIC: Do not take insulin or diabetic medication the morning of your procedure.

4

6:00 AM the morning of your procedure

Repeat Steps 1 and 2, using the contents of the other packet.



Check off a circle as you finish each 8-ounce drink so you can keep track of your progress.

PREPOPIK BOWEL PREP

YOUR STOOLS SHOULD BE LIGHT YELLOW OR CLEAR WITH NO PARTICLES. IF THIS IS NOT THE CASE, PLEASE CONTACT YOUR PHYSICIAN.

THE DAY OF YOUR PROCEDURE

- **NOTHING TO EAT OR DRINK 4 HOURS PRIOR TO YOUR PROCEDURE. IF YOU EAT OR DRINK WITHIN THIS TIME FRAME, YOUR PROCEDURE WILL BE RESCHEDULED AND YOU MAY NEED TO REPEAT THE BOWEL PREPARATION.**
- You may take all of your regular medication with a sip of water on the day of your procedure.
- **You must have a responsible driver to come into the hospital and drive you home after your procedure. They must be willing to sign you out. NO TAXIS ALLOWED. The hospital will not release you to a third party driver.**
- Be prepared to be at the facility for **approximately** 2 hours from when you check in. Your driver may leave after providing a contact phone number. Your driver will be contacted and will be given 30 minutes to return. Please inform your driver that his is an **approximate** time and you may be at the facility for longer depending on your condition after your procedure.
- Leave all jewelry and valuables at home.
- Bring your insurance cards and be prepared to read and sign paperwork.

If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800-349-0285 or emailing support@yourpatientadvisor.com.

If you have any medical questions or concerns, please contact our office at 760-783-0441