

Preparation instructions for Colonoscopy — Prepopik (Follow only these instructions given by the GI Department)

5 days before your colonoscopy	2 days before your colonoscopy	The day before your colonoscopy	The day before your colonoscopy <i>(continued)</i>
<p>Read all prep instructions.</p> <p>Contact your prescribing physician for instructions on dosage of blood thinners.</p> <p>Stop herbal, oil-based vitamins and iron supplements.</p> <p>Stop all fiber supplements such as Metamucil, Citrucel, Fibercon, BeneFiber and Konsyl.</p> <p>Discontinue all medicines that stop diarrhea such as Imodium, Kaopectate and Pepto Bismol.</p> <p>Avoid salads or high fiber foods including nuts, seeds and popcorn.</p> <p>Avoid hard fruits and hard vegetables.</p> <p>Arrange for a driver to take you home after the procedure.</p>	<p>List all current medications and bring list with you the day of your procedure.</p> <p>Obtain Bowel Prep from your pharmacy.</p> <p>Obtain clear liquids to consume on Prep Day (NO RED OR PURPLE).</p>	<p>TAKE ONLY CLEAR LIQUIDS ALL DAY / NO SOLID FOOD / NO ALCOHOL</p> <p>Drink at least 8oz. of clear liquid every hour while awake.</p> <p>You need at least 8 hours between the first and second dose of this prep!</p> <p>If your arrival time is BEFORE 12 NOON the day of your colonoscopy, start at 12 NOON the day before and fill the dosing cup with cold water up to the lower line on the cup. Pour in the contents of one packet of Prepopik. Stir until dissolved. Drink entire contents.</p> <p>YOU MUST follow with (4) 8oz glasses of clear liquids over the next 4 hours.</p> <p>Then at 8 pm the evening before, fill the dosing cup a second time with cold water up to the lower line on the cup. Pour in the contents of the second packet of Prepopik. Stir until dissolved. Drink entire contents.</p> <p>YOU MUST follow with (4) 8oz glasses of clear liquids over the next 4 hours.</p> <hr/> <p>If your arrival time is AFTER 12 NOON the day of your colonoscopy, start at 6 pm the evening before and fill the dosing cup with cold water up to the lower line on the cup. Pour in the contents of one packet of Prepopik. Stir until dissolved. Drink entire contents.</p>	<p>YOU MUST follow with (4) 8oz glasses of clear liquids over the next 4 hours.</p> <p>Then at 5 am the day of your colonoscopy, fill the dosing cup a second time with cold water up to the lower line on the cup. Pour in the contents of the second packet of Prepopik. Stir until dissolved. Drink entire contents.</p> <p>YOU MUST follow with (4) 8oz glasses of water and finish drinking 4 hours prior to your arrival time.</p> <div style="background-color: #c00000; color: white; padding: 5px; text-align: center;"> <p>The day of your colonoscopy</p> </div> <p>NO SOLID FOOD NO ALCOHOL</p> <p>YOU MUST take your morning heart, blood pressure, asthma, and/or seizure medications with a small sip of water.</p> <p>PLEASE STOP ALL LIQUIDS 4 HOURS BEFORE YOUR ARRIVAL TIME.</p> <p>NO GUM OR BREATH MINTS!</p> <p>After your procedure, you may eat your usual diet unless otherwise instructed by your doctor.</p>

NOTE: You must take ALL of the PREP solution, as directed to clean your bowel adequately. Even if you are passing clear liquid you must continue to take the entire dose of the prep. If you think the prep is not working, after 4:30 p.m. call Cooper University Hospital (856.342.2000) and ask for the Gastroenterology Fellow on call. During regular business hours Monday-Friday, 8 a.m.-4:30 p.m., call Cooper University Hospital @ 856.342.2047 or Cooper Digestive Health Institute @ 856.380.7750. For Salem patients, call 856.339.6040.