

## Prep Instructions for Colonoscopy PREPOPIK – Split Dose

It is very important that your scheduled procedure time not be changed unless there is an emergency.

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Location:       Metro Atlanta Endoscopy Center       Saint Joseph's Hospital

- **Stop taking: Motrin, Ibuprofen, Advil, Aleve or similar products 7 days prior to procedure, unless otherwise instructed. For aches or pains, use Tylenol.**
- **If you are taking blood thinners or Aspirin, they may need to be stopped prior to the procedure. Please discuss this with your physician.**
- **If you are taking antibiotics, this Prep may **NOT** work properly. Please notify your physician.**
- **All other prescription medication should be continued, unless directed by your physician.**

### ON THE DAY PRIOR TO YOUR PROCEDURE      ( \_\_\_ / \_\_\_ / \_\_\_ )

#### Step 1 Clear liquid diet for breakfast, lunch and dinner.

Suggestions are: Ocean Spray white cranberry or white grape juice, Gatorade or preferred sport drink, weak tea or coffee (regular or decaf), lemonade, limeade, fat-free beef or chicken broth, water, Jello, or ice pops (**not red**). **Alcohol is not permitted.**

#### Step 2 Begin drinking the prep solution between 4-6:00 pm

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

Pour the contents of ONE packet and stir for 2-3 minutes.

Drink the entire contents of the container.

Then, drink FIVE **8-ounce** containers of water or clear-liquid of your choice, over the next few hours.

### ON THE DAY OF YOUR PROCEDURE      ( \_\_\_ / \_\_\_ / \_\_\_ )

- **Wake up at least 4 hours** prior to your procedure time.
- Repeat Step 2 (above), drinking the prep solution and FIVE 8-ounce containers over the next 1-2 hours.
- You must **STOP** the prep and all clear liquids at least **2 hours** prior to procedure time.

### Important Final Instructions:

You must have a driver to drive you home after the procedure due to the IV medication. We can only discharge you into the care of a person known to you. **We will not discharge you to a taxi or other driving service.**