

San Diego Gastroenterology Medical Associates

4060 Fourth Avenue, Suite 240 San Diego, California 92103
Tel (619) 291-6064 www.SDGastro.com Fax (619) 291-3078

Prepopik Colonoscopy Instructions

Your Procedure has been scheduled for : _____

Check in time: _____ Procedure time: _____

Please Register at:

- Scripps Mercy Hospital 4077 Fifth Avenue. (619) 260-7026
Check in at "Cardiology/Endoscopy Registration" on the 2nd floor (next to Surgery)
- San Diego Endoscopy Center 4033 Third Avenue, Ste. 106 (619) 497-2888

What to bring

- Insurance card, ID card and credit card or other form of payment if your insurance requires you to pay a copay.
- Completed forms (if applicable) for the endoscopy center.
- A list of all your prescription and over the counter medications.
- A responsible adult to take you home after the procedure.
- Warm socks for the procedure and flat shoes for after the procedure.
- Please avoid wearing contact lenses or bringing jewelry/ valuables.

One Week Before the Procedure

1. **STOP** using **iron**, herbals and any fish oil supplements. Preferably we also advise you to stop any non-steroidal anti-inflammatory medications like Ibuprofen, Motrin, Aleve, Naprosyn for 5 days prior to your procedure. Celebrex and Tylenol are ok.
2. If you are required to take aspirin daily by your physician for heart disease and/or stroke prevention, please continue to take it. Otherwise you may stop your aspirin for 5 days prior to the procedure.
3. If you take **Coumadin**, **Lovenox**, **Plavix**, **Effient** or any medication that thins your blood please

contact the doctor immediately for instructions. You may need to stop using these medications for 5-7 days before your procedure.

4. Please **AVOID seeds, nuts and popcorn** for the week before your procedure.
5. Fill your prescription of **Prepopik** from your pharmacy.
6. Purchase **Dulcolax** Laxative Tablets (four 5mg, a total of 20mg) Generic brand is acceptable to purchase.
7. Arrange a ride home from the procedure. You will receive intravenous sedation and will not be able to drive for 18 hours following this procedure.

The Day Before The Procedure

Starting when you awake the day before your procedure, eat no solid foods and drink clear fluids all day. Clear fluids include:

Clear fluids include any of the following:		
Water	clear liquid broth/bouillon	white cranberry
Lemonade	coffee/tea without creamer	white grape juice
Ice popsicles	beer (one glass)	apple juice
Jell-o (no fruit)	Gatorade	white wine (one glass)

Prepopik BOWEL PREP KIT is a prescription laxative used to cleanse your colon for your colonoscopy. It contains One (1) dosing cup, Two (2) packets of Prepopik powder. You must complete the entire prep to ensure the most effective cleansing. **It is important that you follow these physician instructions regarding consumption of clear liquids before your colonoscopy and NOT the kit instructions.**

FIRST DOSE: Begin Step 1 at 5 PM the evening before your procedure and proceed as shown below:

1. Step 1:
 - a. Fill the dosing cup provided with water up to the lower (5-ounce) line on the cup.
 - b. Pour in the contents of ONE (1) packet.
 - c. Stir for 2-3 minutes until dissolved then drink the ALL the liquid in the container.



2. Step 2: Drink FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace, within the next 5 hrs. **This is an important step to ensure an effective prep and adequate hydration.**



3. Step 3: Take 4 Dulcolax tablets at 7 PM.

The Day Of Your Procedure

1. **SECOND DOSE:** Repeat Step 1 and 2 at _____ AM the morning of your procedure (5 hours before your scheduled procedure time) and proceed as shown above.
2. Have nothing to eat before your procedure. You may drink liquids up until 3 hours before your procedure and can take heart and blood pressure medications with a sip of water.
3. After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.
 - Do not take diabetes medicine until the procedure is over. Please see insulin instructions below.
 - Take other medicines 3 hours before the procedure or after you get home.
 - Do not drive for 18 hours after the procedure.

Patient Checklist

IF YOU ARE AFFECTED BY ANY OF THE CONDITIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS.

Diabetes	<p>Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Typically, we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.</p> <ul style="list-style-type: none"> • If you take insulin, please take ½ of your usual dose the day before and ½ of your usual dose the day of the procedure.
----------	---

	<ul style="list-style-type: none"> If you take diabetes pills, please do not take any the day before your procedure.
Hip or knee replacement in the past 6 months, vascular graft in the past year, coronary stent in the past 6 weeks	You may need antibiotics before your procedure. Please arrive two hours before your scheduled procedure time. Do not schedule your procedure before 8:00am. Please inform the nurse and your physician.
Aspirin	If you are taking aspirin PRESCRIBED by your MD please continue to take it. If you do not have a heart or blood vessel or clotting disorder, and you are taking aspirin on your own without a doctor's advice, please stop taking aspirin 5 days before your procedure.
Coumadin, Plavix, Heparin, Lovenox, Effient or other anticoagulants	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam. <i><u>Please do not assume that you can safely follow the same medication adjustments that have been made for your previous procedures.</u></i>

Important Reminders

- Please allow 2 hours or so for the procedure.
- The Physician's fee is separate from the facility fee. There may also be a pathology fee if biopsies are taken.
- Many insurance carriers and managed care organizations require preauthorization or precertification. *If you have specific questions about coverage for your upcoming procedure, please contact your insurance company.*
- As a courtesy we will make every attempt to obtain the authorization for these procedures, please make sure we have your correct insurance information.
- Please note: although your upcoming colonoscopy may be scheduled as a screening procedure, the physician may find and remove a polyp or perform a tissue biopsy. The procedure may then be considered diagnostic and may not qualify for coverage as a screening service by your insurance. Insurance company policies vary regarding these matters and we urge you to contact your insurance company to obtain their policy on these types of procedures.
- If you need to cancel or reschedule your procedure, we ask that you contact the office at (619) 291-6064 as soon as possible.

You must cancel 7 (seven) working days in advance to avoid a cancellation fee.