



COLONOSCOPY PREPARATION

(Prepopik)

Your procedure is scheduled with Dr.

_____ on:

Day _____
_____AM/PM

Date _____

Check in Time

_____AM/PM

Procedure Time

At the following location:

**Digestive Health Center, 5250 Kietzke Lane, Reno, NV, 89511 (775)
829-8855**

- ❖ **Please arrange for transportation home** - your procedure will not be performed if you do not have an adult accompanying you from the Endoscopy Center. You cannot walk, take a taxi, or a bus home by yourself. Due to the nature of the sedation, you cannot drive, operate mechanical equipment or drink alcohol on the day of your procedure.
- ❖ Plan to be at the center for approximately **2 ½ hours**.
- ❖ If your driver does not plan to stay at the center, they must be available by phone and should be no further than 20 minutes away. Procedures scheduled after 2:00 pm, drivers are requested to stay at the center to expedite patient discharge home.
- ❖ Only one person is allowed in the recovery area at a time. No food, drinks, cell phones, or children are permitted in the admitting or recovery area.
- ❖ **PLEASE PICK UP YOUR BOWEL CLEANSING/LAXATIVE PRESCRIPTION AT THE PHARMACY WITHIN 7 DAYS OF RECEIVING THESE INSTRUCTIONS**

Before your examination, continue to take your normal prescription medication(s). **Please inform your nurse if you are taking any blood thinning medications such as Coumadin/Warfarin/Pradaxa, Aspirin, Plavix, or diabetic medications for additional instructions.**

7 DAYS BEFORE YOUR PROCEDURE: STOP Aspirin/Aspirin products, anti-inflammatories (examples: Aleve, Advil, Motrin) Fish Oil, Iron Supplements, Alli® (Unless otherwise directed)

4 DAYS BEFORE YOUR PROCEDURE: Avoid high fiber foods from now until after your procedure. No salads, raw vegetables, nuts, seeds, popcorn, beans, peas, corn, whole wheat. **Suggested foods:** Chicken/Turkey, pasta, potatoes without skin, white rice, and white bread. **This is not a strict diet and these foods are not mandatory for the prep, only recommendations.**

1 DAY BEFORE YOUR PROCEDURE: No solid foods this day. Follow the preparation instructions on the back.

DAY OF PROCEDURE: Do not eat anything. Do not drink anything 2 hours prior to your procedure. This includes water, gum and hard candy/mints or use chewing tobacco products. Please wear

comfortable clothes. Bring your insurance card, picture ID and required payment for your Co-pay/ Deductible. Please leave valuables at home. Please have current medications documented on the DHC Patient Medication Reconciliation Form provided to you. This form is required by the center.

TURN SHEET OVER FOR DETAILED PREPARATION INSTRUCTIONS

ONE (1) DAY BEFORE YOUR PROCEDURE (ALL DAY)

NO SOLID FOODS/MILK or JUICES WITH PULP PRODUCTS ALLOWED THIS DAY

You are to drink a clear liquid diet throughout the day!

If you are diabetic, take only HALF of your usual dose of diabetes medications.

Do not take any supplements this day.

DRINK ONLY CLEAR LIQUIDS STARTING FROM THE TIME YOU WAKE UP! Clear liquids include:

Water

Soft Drinks (no red/purple)

Gatorade (no red/purple)

Bouillon

Popsicles (no red/purple)

Jell-O (no red/purple)

Clear Fruit Juices (no pulp)

Black Coffee/Tea (1-2 cups, no creamer, sugar OK)

DAY 1

The evening before your colonoscopy procedure

DATE / /

START TIME PM

(Between 5-9 PM)

IMPORTANT

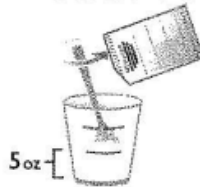
Drink plenty of clear liquids throughout the entire day to stay hydrated. See approved clear liquids on reverse side.

STEP ONE

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

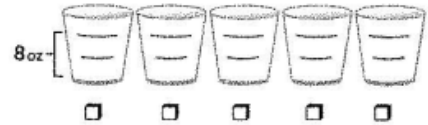
Pour in the contents of ONE (1) packet and stir for 2-3 minutes until dissolved

Drink the entire contents



STEP TWO

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



See approved clear liquids on reverse side.

DAY 2

The morning of your procedure

DATE / /

START TIME AM

(5 hours before your colonoscopy)

REMINDER

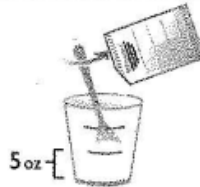
Drink clear liquids to stay hydrated up until 3 hours before colonoscopy. See approved clear liquids on reverse side.

STEP ONE

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

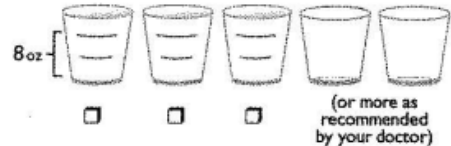
Pour in the contents of ONE (1) packet and stir for 2-3 minutes until dissolved

Drink the entire contents



STEP TWO

Follow with a **MINIMUM** of THREE (3) 8-ounce drinks of clear liquid within 5 hours, before the colonoscopy



NOTE: You must finish all liquids at least 3 hours before your colonoscopy.

THE DAY OF YOUR COLONOSCOPY

DO NOT EAT ANYTHING. DO NOT DRINK OR USE ANY SALIVA PRODUCING PRODUCTS INCLUDING: WATER, HARD CANDY, GUM, OR CHEWING TOBACCO DURING THE TWO (2) HOURS PRIOR TO YOUR PROCEDURE. YOUR PROCEDURE MAY BE DELAYED OR CANCELLED IF YOU DON'T FOLLOW THESE INSTRUCTIONS. SEE MEDICATION FAQ'S ABOUT WHAT MEDICATIONS TO TAKE THE DAY OF YOUR PROCEDURE.

IF ORAL ANTIBIOTICS ARE PRESCRIBED BY YOUR PHYSICIAN, THE PILLS MUST BE TAKEN TWO HOURS PRIOR TO PROCEDURE TIME WITH SIPS OF WATER.