



PREPOPIK BOWEL PREP SPLIT DOSING

Facility: _____
 Procedure Date:/Time: _____
 Report to:/Report Time: _____

DAY BEFORE PROCEDURE: _____

PREPARATION DIET

The day before your colonoscopy you may have breakfast and lunch until **1:00pm**.

After **1:00pm** you will be on a clear liquid diet such as: **water**, **clear fruit juices** (ex: apple juice, white grape juice, white cranberry juice), **Gatorade®** (except orange purple and red flavors/tints), **clear broth** (chicken or beef), **Jell-o®** (except orange purple and red flavors/tints), **weak tea** (without cream), **coffee** (without cream), **icy Popsicles** (except orange purple and red flavors/tints), and **regular or diet soft drinks** (except orange purple and red flavors/tints). **(A clear liquid is anything that you can read the newspaper through. THIS DOES NOT INCLUDE ALCOHOL.)**

PLEASE FOLLOW THE PREPARATION INSTRUCTIONS GIVEN TO YOU BY OUR OFFICE, NOT THE ONE ON THE CONTAINER/BOX

At 6:00pm – Prepare the first 5 ounces of solution using a packet of Prepopik:

- Tear open one of the packets provided in the kit and pour it into the container.
- Fill the container with water to the 5 ounce mark
- Stir until powder has dissolved
- Drink all of the solution

After drinking the five ounce of Prepopik solution, drink no less than an additional **five 8-ounce** (the upper line on the dosing cup) cups of clear liquids at a rate that is comfortable for you. Once you begin this preparation, **YOU SHOULD STAY HOME**. This laxative may be fast acting and results may occur soon after it's taken, and may continue for a period of time.

THE MORNING OF YOUR PROCEDURE:

At _____am on the morning of your procedure, prepare and drink the second five ounce of solution using the second packet of Prepopik as you did in step 1. After drinking the 5 ounce solution, drink no less than an additional three 8-ounce (upper line on the dosing cup) cup of clear liquids and finish by _____.

You may not have anything by mouth 4 hours prior to your procedure (this includes water, chewing gum and candy)- if you do your procedure will be cancelled.)

Read the attached page as to what medications to take/stop prior to your procedure. Please call with any questions. Bring insurance cards- leave valuables at home.

SURGICAL OR ENDOSCOPY PROCEDURES CANCELLED AND RESCHEDULED WITH LESS THAN 3

BUSINESS DAYS NOTICE WILL INCUR A \$100 FEE.

NO DRIVING UP TO 12 HOURS AFTER YOUR PROCEDURE

Due to the sedation given for this procedure, you will need a designated driver.

It is imperative that your driver remains in the waiting area at all times.

1. If you think that your bowel prep did not completely clear the intestines for any reason, please call your doctor or the doctor on call for an alternative prep.
2. If you have a history of artificial heart valve, recent joint replacements or have been hospitalized for bacterial endocarditis, **please call your physician's nurse** so that antibiotic coverage can be arranged prior to your procedure.
3. If you are on any type of prescribed medications, **please notify the prescribing doctor** of your upcoming colonoscopy/surgery. Please make sure that doctor agrees that it is okay to stop the medication.
4. Do not take diuretics on the day of your procedure. These include clorothiazide, hydrochlorothiazide, furosemide, bumetanide, toresmide, amiloride, spironoactone, triameterene, mannitol, dyazide, maxzide and moduretic.
5. **Please make sure that you take all medications for acid reflux, asthma, bronchitis or emphysema in the morning with a sip of water on the day of your procedure.**
6. **If you take blood pressure medications in the morning, please make sure you take all blood pressure medications the day of your procedure with a sip of water. This includes combination medications for blood pressure which contain diuretics.**

These are some examples of medications that should be stopped 3-7 days prior to your procedure. These medications thin the blood. If you are on a medication that was prescribed to you (or is over the counter) to help thin your blood and it is not on the list, please stop it prior to your procedure. (if recommended by your prescribing physician).

Blood thinners	NSAIDS	OTC Supplements
Aggrenox (dipyridamole+ aspirin)	Aspirin (Excedrin, bayer)	Fish oil
Aggrastat (tirofiban)	Celecoxib (celebrex)	Garlic in large amounts
Arixtra (fondaparinux sodium)	Ibuprofen (advil, motrin)	Ginko biloba
Coumadin (warfarin)	Indomethacin (indocin)	Ginger
Dicumarol (dicumarol)	Mag salicylate (bayer select)	Ginseng
Effient (prasugrel)	Meloxicam (mobic)	St John's Wart
Integrilin (eptifibatide)	Nabumetone (Relafen)	Saw Palmento
Miradon (anisinidine)	Naproxen (naprosyn)	Vitamin E
Plavix (clopidogrel bisulfate)	Naproxen sodium (aleve)	
Persantine (dipyridamole)	Oxaprozin (daypro)	



Pletal (cilostazol)	Piroxicam (feldene)	
Pradaxa (dabigatran)	Tolmetin sodium (tolectin)	
Reopro (abciximab)	Valdecoxib (bextra)	
Xeralto (rivaroxaban)		

ACE INHIBITORS	BETA BLOCKERS	ANGIOTENSION II	COMBINATION
Accupril (quinapril)	Betapace (sotalol)	Atacand (candesartan cilexetil)	Aldoril (methyldopa + hctz)
Aceon (perindopril)	Bisoprolol (zebeta)	Avapro (irbesartan)	Capozide (captopril + hctz)
Altace (Ramipril)	Blocadren (timolol)	Benicar (olmesartan)	Corzide (nadolol + bendroflumethiazide)
Capoten (captopril)	Bystolic (nebivolol)	Cozaar (losartan)	Dyazide (triameterene + hctz)
Lotension (benazepril)	Cartrol (carteolol)	Diovan (Valsartan)	Hyzaar (losartan + hctz)
Mavik (trandolapril)	Coreg (carvedilol)	Hyzaar (losartan)	Inderide (propranolol + hctz)
Monopril (fosinopril)	Corgard (nadolol)	Micardis (telmisartan)	Lexxel(feldopine + enalapril)
Prinivil (lisinopril)	Inderal& inderal-la (propranolol)	Teveten (eprosartan mesylate)	Lotrel (amlodipine + benazepril)
Prinizide (lisinopril + diuretic)	Kerlone(betaxolol)	Valsartan (diovan)	Lotension hct (benazepril + hctz)
Univasc (moexipril)	Levatol (penbutolol)	OTHER BP MEDS	Moduretic (amiloride + hctz)
Vasotec (enalapril, analaprilat)	Lopressor (metoprolol)	Catapres (clonidine)	Prinizide (lisinopril + hctz)
Zesteril (lisinopril)	Normodyne(labetalol)	Cardura (doxazosin)	Tentoretic (atenolol + chlorthalidone)
	Tenormin (atenolol)	Cardene (nicardipine)	Vaseretic(enalapril + diuretic)
	Toprol xl(metoprolol)	Cardizem (diltiazem)	Zestoretic (lisinopril + diurectic)
	Trandate (labetalol)	Norvasc (amlodipine)	Ziac (bisoprolol + hctz)
	Zebeta(bisoprolol)	Plendil (felodipine)	
		Procardia xl (nifedipine)	