

Colonoscopy Prep Instructions with Prepopik Prescription

Strict compliance with these instructions is necessary to avoid missed lesions and ensure a safe and complete exam.

About Prepopik: Prepopik is taken to clean your colon prior to your colonoscopy. This solution requires a prescription. Your prescription will be sent to your pharmacy electronically when your procedure is scheduled. If you have not received your prep one week prior to your procedure, please call our office at 410-224-3636 to request the prep be resent to your pharmacy.

Medication / Diet / Tobacco Instructions: It is very important you read this section carefully. If you have any questions regarding your medications please call the MDTEC procedure coordinator at 410-224-3636.

- **10 days prior** to your procedure (at a minimum): you must stop taking Phentermine, or any medication containing Phentermine, such as Qsymia, Qnexa, Adipex-P, Suprenza, Fastin or Phentercot.
- **7 days prior** to your procedure: Begin a low fiber diet; You must stop taking all iron supplements, vitamins, minerals, herbal supplements, discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc. Avoid fish oil, corn, seeds, nuts and popcorn.
- **5 days prior** to your procedure (**Blood Thinners**): Stop all blood thinners and all aspirin / aspirin containing products unless you have been directed otherwise by your physician,. This includes: Plavix, Coumadin, Pradaxa, Xarelto, Eliquis, NSAIDs, ibuprofen or Advil. You may take Tylenol as needed..
- **1 day prior** to your procedure: Stop all Aminosalicylates (Colazal, Asacol, Canasa, Rowasa, Dipentume or Azulfidine. ***Do not eat any solid food the day before or the day of your procedure.*** You must be on a clear liquid diet the day before your procedure. See below.
- **No smoking the day of procedure.**
- **Blood Pressure and Heart medications:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** no less than 2 hours before procedure.
- **Acid Reflux medication:** Continue to take your acid reflux medication as directed. Take your this medication the day of your procedure with a sip of water no less than 2 hours before procedure.
- **Diabetic medication:**
 - If you are taking diabetic medication by mouth, cut your dose in half the day before the procedure.
 - If you are taking insulin, reduce your insulin dose(s) to half the normal amount the day before the procedure.
 - If you have an insulin pump, please check with the prescribing physician (PCP or endocrinologist) for specific instructions.
 - Do not take any diabetic medication or insulin on the day of your procedure.
- **Bring a complete list** of your medications. **Also bring** your **blood pressure medicine** and **inhalers** with you on the day of your procedure.

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Prepopik Instructions:

The day before your procedure:

You will be on a clear-liquid diet only. You must not have any solid food.

Do not consume anything that is red, blue, or purple in color. Do not consume any liquids you cannot see through. Do not consume alcohol the day before your procedure.

Acceptable clear liquids include: water, clear broth, apple juice, white cranberry juice, white grape juice, soda, gelatin (Jello), popsicles, coffee, and tea (no milk or creamer).

6:00 PM The Day Before Your Procedure:

1. Fill the dosing cup with 5oz of cool water (to the lower line of the cup).
2. Pour 1 powder packet into the dosing cup.
3. Stir 2-3 minutes and drink the prep solution.
4. Drink **five 8oz glasses of a clear liquid** (total of 40 oz. of liquid).
5. Use the dosing cup to measure your clear liquid and fill to top line (8oz mark).
6. Consume each 8oz of clear liquid every 15 minutes. It should take you 1.5 hours to complete the prep.

Six Hours Prior to Your Scheduled Procedure:

1. Fill the dosing cup with 5oz of cool water (to the lower line of the cup).
2. Pour 1 powder packet into the dosing cup.
3. Stir 2-3 minutes and drink the prep solution.
4. Drink **three 8oz glasses of a water** (total of 24 oz. of water).
5. Use the dosing cup to measure your clear liquid and fill to top line (8oz mark).
6. Consume each 8oz of clear liquid every 15 minutes. It should take you 1 hour to complete the prep.

Please be aware: Your stools should be light yellow to clear with no solid particles prior to coming to MDTEC. If you have any questions or concerns regarding this prep, please call the procedure coordinator at 410-224-3636 for further guidance. If you call before we arrive for the day, please leave a message and we will call you back as soon as we are able.

You must have a responsible driver who is 18 or older to accompany you and drive you home.

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.