



**CAPITAL  
DIGESTIVE  
CARE<sup>SM</sup>**

*First in Digestive Health*

## Digestive Disease Consultants

NAME: \_\_\_\_\_

We perform procedures at the following locations:

**GIEA**  
15005 Shady Grove Road  
Suite 200  
Rockville, MD 20850

**Shady Grove Adventist Hospital**  
Out-Patient Surgery Center  
9901 Medical Center Drive  
Rockville, MD 20850

Please **ARRIVE\*\*** at: \_\_\_\_\_ on \_\_\_\_\_  
Time Date

### PREPARATION INSTRUCTIONS FOR COLONOSCOPY (PREPOPIK)

#### **YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME.**

You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off.

- **STOP COUMADIN/WARFARIN \_\_\_\_\_ DAYS PRIOR TO YOUR PROCEDURE**
- **STOP PLAVIX \_\_\_\_\_ DAYS PRIOR TO YOUR PROCEDURE**

#### **THE ENTIRE DAY BEFORE THE PROCEDURE:** you may have **CLEAR LIQUIDS ONLY.**

Clear liquids include coffee, tea, water-either carbonated or regular, G2 (Gatorade), soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; clear juices –apple, cranberry, grape; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed. You may continue these clear liquids up until 4 hours prior to your procedure. **Drink lots of clear liquids and preferably not just water (no more than half the total volume as water). This is better for rehydration and a clean prep.**

**NOT ALLOWED ON A CLEAR LIQUID DIET:** Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed.

**IMPORTANT NOTE:** RED JELL-O may lead to red diarrhea –it is not blood

#### **MIXING OF THE PREPOPIK POWDER**

1. Mix the PREPOPIK powder right before each administration. Do not prepare the solution in advance.
2. Fill the supplied dosing cup with cold water up to the lower (5-ounce) line on the cup and pour in the contents of one packet of PREPOPIK powder.
3. Stir for 2 to 3 minutes. The reconstituted PREPOPIK solution may become slightly warm as the powder dissolves.

#### **THE DAY BEFORE YOUR PROCEDURE:**

- Take the first dose during the evening before the colonoscopy (e.g., 5:00 to 9:00 PM) followed by five 8-ounce drinks of clear liquids before bed. Consume the clear liquids within 5 hours.

Capital Digestive Care  
Digestive Disease  
Consultants

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### **THE DAY OF YOUR PROCEDURE**

- Take the second dose **5 hours** before the colonoscopy followed by at least 3 8-ounce drinks of clear liquids before the colonoscopy. **You must finish drinking all liquids by 4 hours before the procedure.**
- Take all of your usual morning medications **at least 4 hours prior to your procedure** unless otherwise directed by your physician
- **ONCE YOU ARE WITHIN 4 HOURS OF YOUR SCHEDULED EXAM TIME YOU MUST HAVE NOTHING TO EAT, DRINK, SMOKE OR CHEW.**

**PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE WILL BE CHARGED**