



**CAPITAL
DIGESTIVE
CARESM**

First in Digestive Health

Capital Gastroenterology Consultants

Patient Instructions:
Upper Endoscopy/Colonoscopy
(Double Prepopik Prep)

Procedure Date: _____

Procedure Time: _____

Arrive at: _____

Procedure Location:

Silver Spring

10801 Lockwood Dr, Ste 110

Silver Spring, MD 20901

301.593.5110

Rockville

15005 Shady Grove Rd, Ste 300

Rockville, MD 20850

301.762.1280

Due to cancellations or physician emergencies, your procedures **time** may change. You will be called the day before to confirm **all** appointment instructions. PLEASE ALLOW ABOUT 2 HOURS TOTAL TIME FOR ALL ASPECTS OF YOUR PROCEDURES.

SEE REVERSE FOR INSTRUCTIONS, PLEASE REVIEW CAREFULLY AT LEAST SEVEN (7) DAYS BEFORE YOUR PROCEDURES.

ABOUT YOUR PROCEDURE

You need to receive a prescription from your physician to obtain **Prepopik** from your local pharmacy. Take this prep according to these directions. ***It is a fairly new medication. If your pharmacy does not stock it, please allow adequate time for the medication to be ordered and delivered.***

You will be sedated with an intravenous medication, and that will impair your judgment and perception. After the procedure you will have time to rest, however, you must **make arrangements for transportation home** since lingering effects of the medication will make operating a motor vehicle hazardous for 24 hours after the procedure. *If these arrangements are not made before you come to the facility, your procedure will be cancelled.* **No one will be allowed to leave in a taxi without a responsible adult (age 18 or older) to accompany them.**

SEVEN (7) DAYS BEFORE YOUR PROCEDURE

Do not take any **aspirin** (including Ecotrin, Bufferin, and Anacin) as well as, **iron** or iron-containing vitamins; or herbal supplements like Ginseng, Gingko and Garlic. If you take Plavix, Coumadin, Heparin and Lovenox, consult with your physician to know when they should be stopped.

FOUR (4) DAYS BEFORE YOUR PROCEDURE

Do not take **anti-inflammatories** (e.g., ibuprofen, Advil, Motrin, Aleve, etc.). However, Celebrex may be continued up to the day of the procedure. You can take **Acetaminophen** or **Tylenol** for discomfort.

THREE (3) DAYS BEFORE YOUR PROCEDURE

Do not eat seeds, tomatoes, cucumbers, rye bread, corn, celery, popcorn, nuts, beans, lentils and other insoluble fiber

THE DAY BEFORE YOUR PROCEDURE

Do not eat any solid foods or dairy products. Drink only clear liquids for breakfast, lunch and dinner. Clear liquids include clear juices such as apple, grape and cranberry, clear broth or bouillon, tea and coffee (without milk or creamer), Jell-O, Italian ices, sodas, Gatorade, Kool Aid and water. **Drink at least 48oz. of fluids during the day before taking the prep.** Jell-O, ices or any drinks with artificial red, purple or orange coloring are not allowed.

THE DAY BEFORE YOUR PROCEDURE (cont.)

If you are taking any medications (prescription or nonprescription) for any reason, please check with the doctor to determine whether or not to take your medications on the day of your procedure. **Please take all heart and blood pressure medications up to and including the day of your procedure.** If you are diabetic and taking glucophage, hold glucophage for 24 hours prior to your procedure. Hold all other oral diabetic medications the morning of your procedure. **Please bring to your appointment all inhalers that you may have.**

TAKING YOUR PREP

DAY PRIOR TO PROCEDURE

STEP ONE

AT 6PM. fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup

STEP TWO

Pour in the contents of ONE (1) packet
Stir for 2-3 minutes until dissolved
Drink the entire contents

STEP THREE

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

Check off a number as you finish each drink 1 2 3 4 5

SIX HOURS PRIOR TO YOUR PROCEDURE

REPEAT STEPS ONE AND TWO ABOVE

Follow with at least THREE (3) 8-ounce drinks of clear liquid. This needs to be finished before 4 hours prior to the colonoscopy

Check off a number as you finish each drink 1 2 3

During the 4 hours before your procedure, take nothing by mouth, not even water or chewing gum, except for a small sip of water if needed for your medications. However, you may still brush your teeth prior to the procedure. Please do not wear perfumed products.

NOTE: Individual response to laxatives may vary. This prep will cause multiple bowel movements and often works within 30 minutes but, can take as long as 3 hours. Please remain within easy reach of bathroom facilities.