



Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

**INSTRUCTIONS FOR COLONOSCOPY
PREPOPIK PREP**

Date: _____ Time of Procedure: _____

Arrival Time: _____ Doctor _____

Location: _____ **Urbana GI Endoscopy Center** – Phone # 240-436-6440
3280 Urbana Pike # 104 Ijamsville, MD 21754

_____ **GIEA** – Phone # 301-340-8099
15005 Shady Grove Rd # 200 Rockville, MD 20850

_____ **Shady Grove Hospital, Outpatient**–Phone # 240-826-7541
9901 Medical Center Dr. Rockville, MD 20850

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged about ½ to 1 hour after your procedure is complete.

Please leave all valuables and jewelry at home. Please refrain from wearing cologne, perfume or lotion on the day of your procedure.

Please remember we require 72 hours' notice for cancellations or rescheduled appointments. If you fail to give 72 hours' notice you may be charged a cancellation fee.

ONE WEEK BEFORE THE PROCEDURE

You may take Tylenol as needed.

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to your procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to your procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to your procedure.
- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact a nurse in regard to holding these medications prior to the procedure. You can reach an RN at the endo center where your procedure is to take place.

You need to purchase the following products to take the day before your procedure:

1. 1 Prepopik Prep Kit (Prescription)
2. At least 64 ounces of Gatorade (we recommend drinking as much as you can)

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, corn, popcorn, raw fruits, vegetables and bran)
Cooked fruits/vegetables are acceptable.

DAY BEFORE THE PROCEDURE

You must be on a clear liquid diet the entire day before your procedure (no solid foods)

If your procedure is scheduled after 11:00 am – You may have a light breakfast or have clear liquids only; please have nothing to eat for lunch or dinner.

DO NOT drink milk

DO NOT eat or drink anything colored red or purple

DO NOT drink alcoholic beverages

Any of the following clear liquids are OK

Water

Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry

Limeade or Lemonade

Coffee or Tea (DO NOT use any dairy or non-dairy creamer)

Clear broth (beef, chicken, or vegetable) with or without salt or pepper

Gatorade, PowerAde, or Vitamin Water type products and/or Crystal Light

This is the laxative dosing regimen you must follow day before the procedure

STEP 1 Between 4- 6 pm	Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup
STEP 2	Pour in the contents of ONE (1) packet Stir for 2-3 minutes until dissolved Drink the entire contents
STEP 3	Follow with FIVE (5) 8 – ounce drinks of clear liquid taken at your own pace within the next 5 hours before bed
Helpful Hint	Check off a number as you finish each drink 1 2 3 4 5
In addition,	It is recommended to drink an extra 32-ounce bottle of Gatorade at this time
STEP 4	Repeat steps 1 and 2 above**IF MORNING PROCEDURE START STEP 4 AFTER YOU FINISH THE 32OZ OF LIQUID. IF YOUR PROCEDURE IS AFTER 12 NOON, START STEP 4 @ 6 AM
STEP 5	Follow with THREE (3) 8 – ounce drinks of clear liquid taken at your own pace. This needs to be finished before 4 hours prior to the procedure
Helpful Hint	Check off a number as you finish each drink 1 2 3
5 hours prior to procedure	It is recommended to drink an extra 32-ounce bottle of Gatorade after finishing each dose and 5 hours prior to the procedure.

These directions can also be followed directly from the box.

The purpose of this prep is to clean your colon. Your bowels should not be solid, brown/cloudy tinged liquid bowel movements are acceptable. **We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing while prepping.

*****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.** If any problems or questions arise, please call our office at 301-251-1244 option 3 during normal business hours.

