



Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

**INSTRUCTIONS FOR COLONOSCOPY
PREPOPIK PREP**

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center** – 3280 Urbana Pike # 104
Phone Number 240-436-6440

_____ **GIEA-** 15005 Shady Grove Rd # 200
Phone Number 301-340-8099

_____ **Shady Grove Adventist Hospital, Outpatient Surgery Center**
9901 Medical Center Dr, Rockville, MD 20850
Phone Number 240-826-7541

_____ **Frederick Memorial, Outpatient Surgery Center**
400 W 7th St, Frederick, MD 21701
Phone Number 240-566-3300

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 ½ to 1 hour after your procedure is complete.

Please leave all valuables and jewelry at home.

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

ONE WEEK BEFORE THE PROCEDURE

Please stop the use of aspirin or aspirin products if a doctor has not prescribed them for you. Nonsteroidal products such as Ibuprofen, Relafen, Voltaren, Indocin, Celebrex, and Advil should be used sparingly. In addition Coumadin (warfarin), Persantine (dipyridamole), Pradaxa or Aggrenox should be held for 3 days prior to the procedure. In terms of stopping any of these prescriptions, please consult with the prescribing doctor about your ability to safely hold these medications for the requested time periods. You may take Tylenol as necessary.

YOU WILL NEED

1 Prepopik Prep Kit (Prescription)

64 oz. of Gatorade or other clear liquid

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, corn, popcorn, raw fruits, vegetables and bran)

DAY BEFORE THE PROCEDURE

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

DO NOT drink milk

DO NOT drink alcoholic beverages

Any of the following clear liquids are OK

Water

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

Soda or Gatorade, PowerAde, or Vitamin Water type products

Crystal Light

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

STEP 1 4- 6 pm	Fill the dosing cup provided with cold water up to the lower (5-oz) 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
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.
Helpful Hint	If you can, it is recommended to drink clear liquids up to 4 hours prior to the Procedure.

These directions can be followed directly from the box.

The purpose of this prep is to clean your colon. Your bowels should run clear.

*We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing during your prep

*****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.**

To avoid the risk of a delay or a cancelled procedure, please be very careful to not eat, drink smoke or chew during this 4 hour time frame.

If any problems or questions arise, please call our office at 301-251-1244 option 3 during normal business hours.

REVISED 2015- POP

