

Patient Information Sheet for Bowel Preparation
With Prepopik Bowel Prep Kit*

Before your procedure:

1. Fill the prescription for the Prepopik Bowel Prep Kit at any pharmacy: ideally several days before your procedure.
2. Purchase three **bisacodyl** tablets (each tablet is 5 mg) which are over the counter.
3. On the day before your exam you may have a can of Ensure (**do not use Ensure Plus**), one egg, **OR** a piece of white toast for breakfast **before 9:00am**. Thereafter, have only clear liquids for lunch and dinner. This includes clear broth, sports drinks (such as Gatorade or PowerAde), tea, coffee (without milk), plain jello, hard candy, clear fruit juices, popsicles, ices, ginger ale and water. Try to avoid red or purple liquids. **You should not eat any solid foods, milk, or milk products.** Sports drinks, such as Gatorade or PowerAde, are encouraged as they help keep you well hydrated.

Note: Drinking sips of ginger ale helps reduce any nausea that you may experience.

4. **You must not eat or drink anything within 4 hours of your scheduled examination. If you eat or drink anything, even a sip of water within 4 hours of your exam start time, your exam will be postponed or cancelled.**

Prepopik Preparation

The evening before your procedure

1. Take the three bisacodyl tablets between 4:00 and 6:00pm on the day prior to the procedure.
2. Mix one packet of Prepopik with cold drinking water to the lower 5 oz. line on the dosing cup supplied in the kit.
3. Between 7:00 and 8:00pm drink the entire contents of the Prepopik solution (no sooner than two hours after taking the bisacodyl tablets).
4. **You must drink at least five (5) 8-ounce glasses of clear liquid at your own pace after finishing the Prepopik, before going to bed**

Note: Drinking sips of ginger ale helps reduce any nausea that you may experience.

The morning of your procedure:

5. In the morning, at least **five** hours prior to your scheduled exam start time, mix the second packet of Prepopik with cold drinking water to the lower 5 oz. line on the dosing cup supplied in the kit. Drink the cup of Prepopik completely. **You must follow with at least three (3) 8 ounce glasses of clear liquid, and finish at least four hours prior to your procedure time.** (For example, for an 8:00am procedure, you will need to have nothing to drink after 4:00am).
6. You may continue to have clear liquids up until **four** hours prior to your examination. **If you eat or drink anything, even a sip of water, within 4 hours of your exam start time, your exam, will be postponed or cancelled.**

For all Procedures, also follow the following directions:

1. You may use desitin, anusol, tucks pads, or other similar ointment/lotion around your rectal area to reduce irritation from the preparation.
2. Do not take any antacids for at least twelve hours prior to the examination.
3. All other medications (except those listed below) may be taken with small sips of clear liquids, no later than four hours before your scheduled examination time.
4. **If you take blood pressure (except diuretic or water pills) or heart rhythm medications, please make sure to take the morning dose at least 4 hours prior to your examination start time. If you take a diuretic or water pill, do not take it on the day of your examination.**
5. If you take insulin ask your primary care physician or endocrinologist how they like you to adjust your dose.
6. If you use other diabetic medications, do not take them until after the examination, when you start eating.
7. Do not use any aspirin, aspirin containing products, or other anti-inflammatory drugs (such as ibuprofen, naproxen, or Aleve) for five days prior to the examination.
8. Do not take iron supplements or vitamins with iron for five days prior to the examination.
9. If you use Coumadin, do not take it for three nights prior to the examination.
10. Let us know if you take diuretics (water pills), as you may need additional potassium supplementation.
11. Let us know if you're allergic to any medications or if you've had any reactions to Demerol (meperidine), Valium (diazepam), Versed (midazolam), or Diprivan (propofol).
12. Let us know if you've had a heart valve replacement or have a history of endocarditis. If these conditions are present, you may need to be given antibiotics prior to the procedure.
13. A companion must be able to escort you home from the examination as you will be given some medication which will make you drowsy and slow your reflexes for several hours. **You will not be allowed to drive yourself home.**
14. Report as instructed for the examination.

The following points may also be helpful:

1. You may feel bloated after the procedure because of the air used during the examination. Burping, walking, lying on your left side, or passing flatus, should help.
2. The medication used for sedation, often causes amnesia for the period of the procedure and for a short time thereafter. You may, therefore, not remember the details of what happened or what the doctor explained to you afterwards. If this is the case, please contact our office to review the findings of your procedure. If a biopsy was taken, these results are usually ready in 10-14 days.
3. If you should have any other questions, please do not hesitate to contact the office at 301-251-9555.



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