

## Prepopik Split Dose Bowel Preparation Instructions

### FIVE DAYS PRIOR TO YOUR PROCEDURE:

- All aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren **are to be continued**. Tylenol (acetaminophen) is also safe to continue.
- If you are taking Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (Apixaban) or other blood thinners, please contact our office to determine if an office visit may be required prior to your procedure to discuss if and when these anticoagulants need to be stopped.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds. If you are taking these to treat constipation, take 17g of Miralax daily starting five days prior to your procedure in place of the fiber. (This will require you to purchase more Miralax than stated above).
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- Please call our office if you have any questions about which medications you should or should not take.
- 3 days prior to your exam, avoid nuts and seeds.

### ONE DAY PRIOR TO YOUR EXAM:

- **Take only clear liquids by mouth.** This includes clear juices (apple, grape, strained orange, strained lemonade), tea, coffee (no creamer or milk), soft drinks, Gatorade/Powerade, clear broth or bouillon, Jell-O, and popsicles. **DO NOT EAT ANY SOLID FOOD.**
- Avoid red drinks, red Jell-O, and dairy products.
- Consume large amounts of fluids to avoid hunger or dehydration and assist in cleansing the bowel.
- **At 5:00 pm, mix the first 5 oz of Prepopik solution using the cup provided in your kit.** Cut open the packet and dissolve the powder contents in 5 ounces of water. **Stir 2-3 minutes.** Drink all of the solution. Drink an additional **five** 8-ounce glasses of clear liquids (see above) at a rate that is comfortable for you.
- **If you feel nauseous at any time while taking your prep try to drink more slowly, using a straw can help. If vomiting occurs, please call one of our numbers listed for instructions.**

## THE DAY OF THE PROCEDURE:

**Starting 6 hours before your scheduled appointment time** prepare the second 5 ounces of the solution using the other packet of powder provided in your Prepopik kit (i.e. if your appointment is at 10 am, you should start at 4 am. If it is at 1 pm, you should start at 7 am).

After drinking the 5 ounces of Prepopik solution, drink an additional **three** 8-ounce glasses of clear liquids at a rate that is comfortable for you. You may continue to drink clear liquids as you approach the time of your colonoscopy. **STOP ALL LIQUIDS AT LEAST 4 HOURS BEFORE THE PROCEDURE** to make sure your stomach is empty at the time of the exam.

- **After completing the bowel preparation, your stools should be watery and fairly clear. Please contact our endoscopy department if your stools are not watery or you are concerned with the results of the preparation.**
- **Meridian Endoscopy Center 208-695-2100 • Boise Endoscopy Center 208-342-7169**
- **After Hours: 208-343-6458**
- Take your usual prescribed medications with small sips of water. If you are on anti-inflammatory medications or blood thinners please see instructions above.
- Please bring a list of your current medications with the correct dosages to your appointment.
- **NO DRIVING**-Because of the sedatives that you will be given **you cannot drive for the remainder of the day.** You may use a taxi after the procedure. You must have someone present to drive you home after the procedure or we may cancel your exam.
- You will be sedated for your procedure. Please plan to avoid making important decisions for the remainder of the day after your procedure.
- **We cannot be responsible for your valuables. Please leave them at home.**

You are scheduled with Dr. \_\_\_\_\_

Date: \_\_\_\_\_

Check in Time: \_\_\_\_\_

\_\_\_\_\_ Boise Endoscopy Center, 425 W Bannock Street, Boise

\_\_\_\_\_ Meridian Endoscopy Center, 2235 E Gala Street, Meridian

\_\_\_\_\_ St. Luke's Boise Regional Medical Center, 190 E. Bannock St., Boise-Hospital.

\_\_\_\_\_ St Luke's Meridian Regional Medical Center, 520 S. Eagle Rd., Meridian-Hospital.

**Please check with your insurance company regarding pre-certification. Bring all insurance cards and photo ID with you. Co-payment is due at the time of service**