

Prepopik Instructions for Colonoscopy

Patient: _____ Date: _____ Admit time: _____

Procedure At: Lincoln Surgery Endoscopy Services
1730 S. 70th St, Suite 120, **Entrance D**
Lincoln, NE 68506

Phone 402-484-9050 / Fax 402-483-5653
Monday – Thursday 7:00 AM – 3:30 PM
Friday 7:00 AM – 2:00 PM

Preparing For Your Exam

Five days prior to your procedure:

- **STOP** your medications that have blood thinning effects. Examples: **Motrin, Ibuprofen, Aleve, Celebrex, and arthritis medications.** Tylenol and Aspirin are okay. (If you are on Coumadin, Plavix, Xarelto or any other anticoagulant/antiplatelet medication you must contact your Primary Care Physician for instructions.)
- **Diabetics:** If you are diabetic and take insulin, call your Primary Care Physician for instructions. Please check your blood sugar/glucose before leaving your home.

One day before your procedure:

- **NO FOOD all day!** Drink only CLEAR LIQUIDS (see below) starting when you wake up in the morning, throughout the entire day and up until 2 hours before your scheduled admit time. The more clear liquids you drink, the better the prep solution will work and the better you will feel. Below is a list of clear liquids that you may have. Please note that no red dye is allowed (no red Jell-O, red drinks, etc.). Please limit all dark beverages such as tea, soda, coffee, etc. to 2 cups daily.

Examples of Clear Liquids (NO RED DYE)

| <u>Soda</u> | <u>Juice</u> | <u>Sports drinks</u> | <u>Other Options</u> | |
|----------------------|--------------|----------------------|----------------------|----------|
| All Sodas | Apple | Gatorade | Coffee/Tea (limit 2) | Water |
| Root Beer (limit 2) | Cranberry | Powerade | Crystal Light | Popsicle |
| Sprite/7UP | Grape | All Sport | Jell-O | |
| Coke/Pepsi (limit 2) | White Grape | Propel | Broth/Bouillon | |

Day before your procedure at 5:00 PM:

- Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup.
- Pour in the contents of one (1) packet and stir for 2-3 minutes until dissolved.
- Drink all of the liquid in the container.
- Drink five (5) more 8 oz. containers of clear liquid, taken at your own pace within the next 5 hours, before bed.
- Drink plenty of clear liquids thereafter.** Again, the more you drink, the better the prep works and the better you will feel.

***** If your prep is not working by 9:00 PM or if you are vomiting, please call physician at 402-441-5600*****

Day of your procedure:

- Take prep again at 5:00 AM if you have a morning procedure. Take prep at 8:00 AM if you have an afternoon procedure. Even if your prep results are already clear/yellow, you **WILL** still need to take the morning prep!!
- After completion of your second prep your stools should look clear/yellow (urine like) and you should be able to see through the liquid to the bottom of the toilet.
- Repeat steps A – E above and continue to **drink clear liquids until two hours prior to your scheduled admit time**, then nothing more to drink.

You may:

1. Take your morning heart, blood pressure or seizure medication with sips of water.
2. Brush your teeth and gargle in the morning.
3. Do **NOT** smoke, chew tobacco, chew gum or suck on hard candy!

Please show up for your procedure at the admit time written at the top of this sheet.

*****Due to the sedation, you MUST have a responsible person with you and they MUST stay in our facility or your test will be cancelled. Taxi or bus rides are not allowed unless accompanied by a responsible adult.*****

Please check our website www.lincolngi.com for more information and recommendations.