



PREPOPIK INSTRUCTION SHEET

Advanced Gastroenterology PLLC

Advanced Endoscopy Center PLLC

You should arrive for your procedure(s) at:

DATE: _____

TIME: _____ Check-in

Your procedure has been scheduled with: Dr. Son Do Dr. Samuel Sim Dr. Charles Hames

Your procedure has been scheduled at:

- | | | |
|---|---|---|
| <input type="checkbox"/> Advanced Gastroenterology, PLLC
2415 NE 134 th Street, Suite 205
Vancouver, WA 98686
360-576-5060 | <input type="checkbox"/> Legacy Salmon Creek Hospital
Special Procedures/Surgery-2 nd Floor
2211 NE 139 th Street
Vancouver, WA 98686
360-487-1830 | <input type="checkbox"/> PeaceHealth SW Medical Center
Short Stay Unit
400 NE Mother Joseph Place
2 nd floor, 5 th Street Entrance
Vancouver, WA 98664
360-514-2895 |
|---|---|---|
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DAY BEFORE COLONOSCOPY: _____/_____

- ONLY CLEAR LIQUIDS** may be taken the day before your exam:
 - You may have sport drinks, clear juices, soup broth, jello, or popsides.
 - Coffee is okay with **NO** cream
 - DO NOT** drink milk or alcoholic beverages
 - NO RED OR PURPLE LIQUIDS**
- At 7 PM begin drinking the Prepopik laxative, by following steps 1-3:
 - Fill the dosing cup provided with cold water up to the lower (5-oz) line on the cup.
 - Pour in the contents on ONE (1) packet, **STIR FOR 2-3 MINUTES**, and drink the entire contents.
 - Follow with FIVE (5) 8-oz drinks of a clear liquid within the next 5 hours.

MORNING OF COLONOSCOPY: _____/_____

- At _____ AM**, Fill the provided cup with cold water up to the lower (5-oz) line. Pour in the contents on ONE (1) packet, **STIR FOR 2-3 MINUTES**, and drink the entire contents, **THEN**, follow with THREE (3) 8-oz cups of clear liquids.
- At _____ AM** you **CANNOT** have anything else to drink, **NOT EVEN WATER.**



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IMPORTANT Concern for your safety makes us insist you have someone to drive you home. **If you have not arranged for a driver, the procedure will be postponed.** Your driver will need to come into the Endoscopy Center to pick you up. **Taxi or C-Van is not allowed unless you are escorted by a friend or family member.** You will not be allowed to drive for 24 hours.

Allowed Medications:

Medications you take for the following conditions should be continued as usual on the day of the procedure. These should be taken with a small amount of water, **4 hours before your arrival time.**

- Heart Problems
- High blood pressure
- Fluid retention
- Female hormones
- Thyroid disorder
- Depression or anxiety
- Asthma/emphysema
- Stomach ulcer or excess acid
- Seizure disorder

NOT Allowed Medications:

- Plavix
- Iron Supplements – Stop 5 days prior to your procedure

Special Instructions for Coumadin/Diabetic Medications:

Coumadin/Plavix:

Your last dose should be taken on _____.

At the time of your procedure, your doctor will tell you when to restart the Coumadin/Plavix.

Diabetic Pills:

Do not take your diabetes pills the day of your procedure. You can take ½ the dose of your diabetes pills the day before the procedure.

Insulin:

On the day before your test: Take your regular dose in the morning.

That night, take ½ your regular dose.

On the day of your test: **Do not take any insulin. Make sure to take your blood sugar that morning and report it to the nursing staff as they prepare you for your procedure.**