

**Wilmington Gastroenterology Associates – Prepopik**

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Tel: 910-362-1011 Extension #4 to re-schedule, extension #6 for questions about prep

**The prep is the most important part of your procedure. A good prep greatly increases your doctor’s ability to protect you from colon cancer. A poor prep limits your doctor’s ability to see your colon. This puts you at risk for undetected cancer and may mean you have to repeat this test in 1 year instead of in 5 to 10 years. Taking some prep the night before and getting up to take the remainder in the morning as instructed is the most likely way to ensure a good prep. You can make sure your prep is good by following the recommended diet and by taking every part of the prep as instructed.**

Fill the Prepopik script at the pharmacy several days prior to procedure

- 1) Prepopik Bowel Prep Kit comes in a pre-packaged kit. Two 6 ounce bottles of the Prepopik solution to be added to water (separately) as instructed below, and one 16 ounce plastic container.

**4 days prior to procedure**

**Starting on \_\_\_\_\_**

Stop taking vitamins and iron

Make sure you have a driver.

Watch the informational video about your procedure (if you did not see it at our office). Failure to watch this video will delay your procedure and possibly bump you from your scheduled procedure time.

**Day prior to procedure**

**Starting on \_\_\_\_\_**

**Clear liquids only – No solid foods – See attached diet options**

Stop taking fiber supplements.

**Step 1-**At 5-9:00 PM, begin the first dose of Prepopik . Pour **ONE** (1) packet of Prepopik in 5-ounce water in the mixing container given in the of Prepopik kit, dissolve completely.

**Step 2-**After drinking the five ounces of Prepopik solution; drink additional five 8-ounces (upper line on the dosing cup) cups of clear liquids at a rate that is comfortable for you.

Make sure you have ready access to a bathroom.

No food or drink other than water or prep after midnight.

**Day of procedure**

**Step 3-**At \_\_\_\_\_ prepare the second 5 ounces of solution using the other packet of Prepopik as you did in step 1 above.

**Step 4-**After drinking the 5 ounces of Prepopik solution; drink an additional three 8-ounce (upper line on the dosing cup) cups of clear liquids at a rate that is comfortable for you. (5 hours prior to procedure)

**Nothing else to drink after the prep is complete!!!**

**Important!!!!!!** Do not take anything by mouth after \_\_\_\_\_.

Location \_\_\_\_\_

Date \_\_\_\_\_

Arrive by \_\_\_\_\_

**Expect to be here for approximately 3 hours on the day of your procedure.**

## Medications/vitamins

Do not take any vitamins or iron, for 4 days prior to the procedure. Do not take any fiber supplements the day prior to your procedure.

If you are on **Coumadin** we would like you to stop it 5 days before the procedure, but we must check with your primary doctor first.

**Last day to take** \_\_\_\_\_

If you are on **Plavix** we would like you to stop it 7 days before the procedure, but we must check with your primary doctor first.

**Last day to take** \_\_\_\_\_

**Do not stop plavix/coumadin until you have been notified by our office that your primary doctor approved stopping these medications.**

If you are on **aspirin**, do not stop taking your aspirin.

If you are diabetic and on **insulin** take only half of your insulin dose the day prior to the procedure while you are on clear liquids. If you take **diabetes pills**, take them at the usual dose the day prior to the procedure while you are on clear liquids. On the day of the procedure do not take insulin or your diabetes pills.

**On the day of the procedure** do not take insulin or your diabetes pills. **Take only** your heart, blood pressure, breathing, seizure and chronic pain medications on the morning of the procedure with only a **small sip** of water **prior to 7:00 am**. If you are diabetic check your blood sugar prior to leaving home and bring result to procedure. If you use a rescue inhaler bring it with you on the day of the procedure. **Take medications at** \_\_\_\_\_

Do not drink anything with alcohol for 2 days prior to the procedure; it may interfere with sedation during the procedure.

## Comfort care

Having multiple liquid stools and wiping during the prep can be irritating to the anal area. Consider purchasing Vaseline, baby wipes, or tissue with aloe for the prep if you are prone to this sort of irritation.

## Contact Lens wearers

You will need to remove your Contact Lens prior to your procedure. Please bring your case with you or wear your eyeglasses on the day of your procedure.

## Driver

You will need a responsible adult to drive you to and from the facility and stay with you during the procedure. You and your driver will be at the facility for approximately 3 hours. **Your procedure will not be able to be completed if your responsible adult leaves the facility for any reason during this time.**

## Jewelry

Do not wear any jewelry the day of your procedure. You will be asked to remove it prior to your procedure.