



Procedure Instruction Packet

READ this instruction packet completely at least 7 days prior to your procedure!!

***Your procedure may be cancelled if these instructions are not followed.*

Date of Procedure: _____

Procedure Scheduled: _____

Required Arrival Time: _____

- *We ask all patients to arrive 1 hour prior to the estimated start time of their procedure.*

Estimated Start Time of Procedure: _____

- *Note: The exact time for each procedure varies from patient to patient. Our physicians give each patient outstanding care and undivided attention.*

Please print this packet out if you are receiving it by email.

It is important that you read the instructions a few times before your procedure. We recommend you set a reminder on your calendar 7-10 days prior to your procedure to ensure you are prepared and understand your restrictions.

Important: If you are scheduled for a colonoscopy, *follow our instructions **ONLY.** Do **NOT** follow the instructions within the colonoscopy prep kit you receive at the pharmacy.*

Following the instructions within this packet is very important. We want to ensure your procedure will be performed with success.

You will receive a confirmation call or text 72 hours prior to your scheduled procedure.

A copy of these instructions may also be found online at: www.mdtec.md.com

Colonoscopy Prep Instructions with Prepopik Prescription

Strict compliance with these instructions is necessary to avoid missed lesions and ensure a safe and complete exam.

About Prepopik: Prepopik is taken to clean your colon prior to your colonoscopy. This solution requires a prescription. Your prescription will be sent to your pharmacy electronically when your procedure is scheduled. If you have not received your prep one week prior to your procedure, please call our office at 410-224-3636 to request the prep be resent to your pharmacy.

Medication / Diet / Tobacco Instructions: It is very important you read this section carefully. If you have any questions regarding your medications please call the MDTEC procedure coordinator at 410-224-3636.

- **10 days prior** to your procedure (at a minimum): you must stop taking Phentermine, or any medication containing Phentermine, such as Qsymia, Qnexa, Adipex-P, Suprenza, Fastin or Phentercot.
- **7 days prior** to your procedure: You must stop taking all iron supplements, vitamins, minerals, herbal supplements, discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc. Avoid fish oil, corn, seeds, nuts and popcorn.
- **Blood Thinner Medications:**
 - **Stop** taking ibuprofen, Advil, Aleve and NSAIDs at least 5 days prior to your procedure
 - **You MAY continue to take:** once daily aspirin (81mg or 325mg daily)
 - **If you take Coumadin, Plavix, Pradaxa, Xarelto, Eliquis or other blood thinners:** You must obtain permission to withhold this medication prior to your procedure. This permission must come from the doctor that prescribes this medication for you. **Contact our pre-operative nurse for concerns or questions at 410 224-3636 Option"2"**
 - You may take Tylenol as needed.
- **1 day prior** to your procedure: **Do not eat any solid food the day before or the day of your procedure.** You must be on a clear liquid diet the day before your procedure. See below.
- **No smoking the day of procedure.**
- **Blood Pressure and Heart medications:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** no less than 2 hours before procedure.
- **Acid Reflux medication:** Continue to take your acid reflux medication as directed. Take your this medication the day of your procedure with a sip of water no less than 2 hours before procedure.
- **Diabetic medication:**
 - If you are taking diabetic medication by mouth, cut your dose in half the day before the procedure.
 - If you are taking insulin, reduce your insulin dose(s) to half the normal amount the day before the procedure.
 - If you have an insulin pump, please check with the prescribing physician (PCP or endocrinologist) for specific instructions.
 - Do not take any diabetic medication or insulin on the day of your procedure.

Important!!

Colonoscopy Prep Instructions with Prepopik Prescription

- **Bring a complete list** of your medications. **Also bring** your blood pressure medicine and inhalers with you on the day of your procedure.

Prepopik Instructions:

The day before your procedure:

You will be on a clear-liquid diet only. You must not have any solid food.

Do not consume anything that is red, blue, or purple in color. Do not consume any liquids you cannot see through. Do not consume alcohol the day before your procedure.

Acceptable clear liquids include: water, clear broth, apple juice, white cranberry juice, white grape juice, soda, gelatin (Jello), popsicles, coffee, and tea (no milk or creamer).

6:00 PM The Day Before Your Procedure:

1. Fill the dosing cup with 5oz of cool water (to the lower line of the cup).
2. Pour 1 powder packet into the dosing cup.
3. Stir 2-3 minutes and drink the prep solution.
4. Drink **five 8oz glasses of a clear liquid** (total of 40 oz. of liquid).
5. Use the dosing cup to measure your clear liquid and fill to top line (8oz mark).
6. Consume each 8oz of clear liquid every 15 minutes. It should take you 1.5 hours to complete the prep.

The Day of Your Scheduled Procedure:

Procedures scheduled before 11am

At 3am:

1. Fill the dosing cup with 5oz of cool water (to the lower line of the cup).
2. Pour 1 powder packet into the dosing cup.
3. Stir 2-3 minutes and drink the prep solution.
4. Drink **three 8oz glasses of a water** (total of 24 oz. of water).
5. Use the dosing cup to measure your clear liquid and fill to top line (8oz mark).
6. Consume each 8oz of clear liquid every 15 minutes. It should take you 1 hour to complete the prep.
7. **NOTHING by mouth 4 hours** before your procedure.

Procedures scheduled after 11am

At 6am:

1. Fill the dosing cup with 5oz of cool water (to the lower line of the cup).
2. Pour 1 powder packet into the dosing cup.
3. Stir 2-3 minutes and drink the prep solution.
4. Drink **three 8oz glasses of a water** (total of 24 oz. of water).
5. Use the dosing cup to measure your clear liquid and fill to top line (8oz mark).
6. Consume each 8oz of clear liquid every 15 minutes. It should take you 1 hour to complete the prep.
7. **NOTHING by mouth 4 hours** before your procedure.

Please be aware: Your stools should be light yellow to clear with no solid particles prior to coming to MDTEC. If you have any questions or concerns regarding this prep, please call the procedure coordinator at 410-224-3636 for further guidance.

You must have a responsible driver who is 18 or older to accompany you and drive you home.

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.



MDTEC Medication Record Form

- This form must be **completed** prior to your procedure.
- Please list all prescriptions, over the counter medications, vitamins and supplements taken in the last month.
- Please remember to review medication instructions provided on page 1 of your procedure instructions.
- *If you have questions regarding your medications prior to your procedure, please call 410-224-3636 and ask to speak with our procedure coordinator.*

Medication Name	Dose	Frequency and Time(s) Taken	<u>Date / Time of Last Dose</u>

Patient Signature

Date

