

## Colonoscopy Preparation Utilizing Prepopik™

### Notice:

- ✓ Your scheduled procedure will take place at our surgical center :

***The Endoscopy Center of New York  
201 East 93<sup>rd</sup> Street ( Corner of 3<sup>rd</sup> Avenue ) 2<sup>nd</sup> Floor***

***Appt. Date:***

***Arrival Time:                      Appointment Time:***

### Warnings:

- ✓ Please inform this office in advance if you have congestive heart failure, kidney failure, chronic constipation, or have had an inadequate bowel preparation during a previous colonoscopy.

### Purchase:

- ✓ One Prepopik™ Bowel Prep Kit. The prescription was electronically sent to the pharmacy you have on file.
- ✓ A container of Tucks™ Wipes (over the counter, optional)

### What to do with your daily medications before your colonoscopy:

**If you take any “blood thinners” such as Coumadin, Warfarin, Prasugrel or Plavix you must consult with your cardiologist or primary care physician BEFORE discontinuing these medications as instructed below. This is extremely important, especially if you take any of these medications for treatment of heart disease or stroke. If your primary care physician has instructed to continue any of these medications, you must advise NYGA on the day of your procedure.**

#### 7 days before your procedure:

- ✓ Stop Plavix (clopidigrel) unless otherwise instructed (see above).

#### 3 days before procedure:

- ✓ Stop Coumadin (warfarin) unless otherwise instructed (see above).
- ✓ Stop any iron supplements.
- ✓ Avoid eating seeds or any foods containing seeds (such as grapes, berries, nuts, etc).

\* Avoidance of “blood thinners” is designed to minimize the risk of serious bleeding if a polyp is removed

**If you are diabetic**, check with your primary care physician about taking your diabetes medication the morning of your colonoscopy. Call your prescribing physician if you have questions about what to do with other medications during the preparation period.

Otherwise, take your daily medications with a sip of water the morning of your procedure.

### Following the restricted diet below helps ensure a thorough examination of the colon!

#### On the day before your colonoscopy:

- ✓ Start a liquid diet 24 hrs before appointment

#### A liquid diet consists of :

- Black coffee (no milk or cream), plain tea (no milk or cream), soft drinks, sports drinks (e.g. Gatorade), strained fruit juices (no pulp), water, clear juice, bouillon/broths, popsicles, and Jell-O are clear liquids.

• **NO LIQUIDS WITH RED/BLUE/PURPLE COLORING**

**On the day before your colonoscopy**

- No liquids that are red or blue.
- No alcohol.
- You should consume at least 64 ounces (2 quarts) of liquid during the day prior to your colonoscopy.

**The evening before your procedure (6-7:00 PM):**

✓ **STEP 1** Open one packet of Prepopik and dissolve in 5 ounces (lower line on the dosing cup) of cold water. Stir for about 3 minutes.

✓ **STEP 2** Drink all of the solution.

✓ **STEP 3** After the first dose of Prepopik drink an additional 5 8-ounces (upper line of the dosing cup) clear liquid at your own rate.

**TIPS:**

- If you experience nausea, bloating or vomiting, try drinking the solution slower.
- In certain instances, you may not have bowel movements after completing STEP 1. ***This is normal.*** Proceed to ***STEP 2*** and you should start to pass bowel movements.
- Continue drinking clear liquids until bedtime.

**Morning of your procedure:**

- ✓ 6 hours before your procedure repeat steps 1 through 3. Continue drinking clear until 2 hours before your procedure.
- ✓ Do not drink anything (apart from your medications) for 2 hours prior to your scheduled appointment time.

**Dosing Schedule for your Appointment**  
***Please arrive 30 minutes prior to your appointment time***

Date:

Time:

Start liquid diet (NO Solid food until after your colonoscopy)	Date: Time: 24 hrs prior.
Take first dose of Prepopik	Date: Time: 6:00 pm
Take second dose of Prepopik	Date: Time:
Do not drink anything after	Date: Time:

**General information:** Please arrive at least 30 minutes before your appointment to complete any necessary paperwork. Your stay at the office will be 1 to 2 hours. After colonoscopy, you may resume most normal activities (except driving and vigorous exercise) and a normal diet, unless otherwise instructed.

**Note: YOU MUST HAVE AN ESCORT TO ACCOMPANY YOU HOME FOLLOWING YOUR PROCEDURE**

***Please contact us with any questions:***

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Fax: (212) 996-6677

contact@nyga.md

<http://www.nyga.md>