

PrePoPik Prep for Colonoscopy

No Aspirin, Coumadin or Iron Supplement 5 days before your procedure (Review: Products to avoid handout) visit website: www.colonoscopyfordummies.com Items to purchase at your local pharmacy or grocery store:

You will need topurchase:

- 1 Box of Dulcolax Tablets (you will use 2 tabs)
- 1 PrePoPik Kit (Prescription will be sent electronically to your Pharmacy on file).
You must be OFF of all Antibiotic therapy when taking this Preparation
- 1 Bottle of Magnesium Citrate (**People 75 yrs or older, Diabetic, Coronary Artery Disease, Congestive heart Failure, Chronic Renal Failure or on Diuretics should not drink the Magnesium of Citrate**).

2 Days before Colonoscopy _____ at 9:00 pm Drink 1 bottle of Magnesium Citrate (People 75 yrs or older, Diabetic, Coronary Artery Disease, Congestive heart Failure, Chronic Renal Failure or on Diuretics should **NOT** drink the Magnesium of Citrate).

1 day before: Clear Liquid Diet for the entire day NO SOLIDS. DO NOT FAST, to avoid dehydration, **you must drink at least 64 oz's of water aside from the liquids taken during your liquid meals.**

Clear Liquids are YELLOW AND CLEAR: Clear broth, Water, Apple Juice, White Cranberry Juice, White grape Juice, Ginger Ale, Plain gelatin (yellow or clear), Frozen juice bars (yellow or Clear, NO PULP), clear protein drinks such as ISOPURE (GNC), hard candy. ***NO SOLID FOOD OF ANY KIND***

NO Milk, NO dairy products, NO juices with pulp. NO RED, Orange, blue, green or PURPLE dyes. See Prep instructions on reverse side. **You must complete both Part 1 and Part 2 of Prep** to have a successful outcome. Please follow the prep instructions in its entirety.

Arrival Time: _____ am/pm Date: _____

Los Robles Hospital, GI LAB 215 West Janss Road, Thousand Oaks 91360 (805)370-4376
*Please call Conejo Los Robles Anesthesiology group prior to your procedure at (805)578-8300

Advanced Gastroenterology, Inc. 555 Marin Street # 270 Thousand Oaks 91360 (805)719-0244

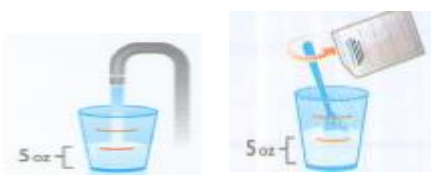
Conejo Valley Surgery Center 311 Haigh Rd # 100 Thousand Oaks, 91320 (805)273-5200

Los Robles Surgical Center 2190 Lynn Road, #100 Thousand Oaks (805)497-3737
Please call Conejo Anesthesia (805)578-8300 Ext: 245 ask for Dawn to discuss Anesthesia

Please provide a **5 day advanced notice** of any change to this appointment (805)719-0244 otherwise if less than 5 days a **\$200.00 cancelation fee** will apply > and a **\$75.00 rescheduling fee** >.

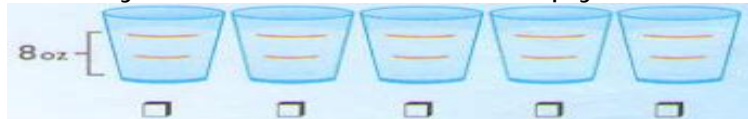
You must arrange for someone to drive you home, as you will be sedated for the exam. The doctor will talk to you after the exam, will give you recommendations for diet, medication, follow up care, etc. Wear comfortable clothing; bring your glasses, hearing aids, insurance card(s).

PART 1: The day before your procedure Date: _____ AT Time: **5:00 PM**



- Fill the dosing cup provided with cold water to 5 oz line.
- Pour in the contents of ONE (1) packet
- Stir for 2-3 minutes until powder is dissolved
- Drink the entire contents.

- Follow by FIVE (5) 8-oz cups, of clear liquid, taken at your own pace, within the next 5 hours.
- Check off as you finish each drink to help you track



At **7:00 p.m.** Take 2 Dulcolax tabs with 16oz of water.

* CALL THE DOCTOR BY **9:00 PM** IF YOU ARE NOT HAVING ANY BOWEL MOVEMENTS OR IF YOUR RESULTS ARE NOT WATERY BY THIS TIME.

NOTHING TO EAT OR DRINK AS OF MIDNIGHT, EXCEPT FOR THE SECOND PORTION OF THIS PREP.

The day of your colonoscopy: If you take Heart medication: Please take your usual heart and blood pressure medications the morning of the colonoscopy with just a sip of water. All other medication can wait until after the procedure is finished. If a biopsy is performed you will be notified after the procedure, you should not take any aspirin products for 7 days to allow for healing. *Diabetic Patients: Do not take your diabetes pills today, but bring dose with you and a snack to take after your colonoscopy.

Part 2: Packet 2 Must be finished 4 hours before your procedure: Date _____

Start drinking at: _____ a.m / p.m



- Repeat STEPS 1 and 2 Except this time you ONLY drink 3 cups of CLEAR Liquids, taken with in 1 hour. Once finished NOTHING TO EAT OR DRINK until after your procedure is done.

- Check off as you finish each drink to help you track.

