

Colonoscopy Preparation

Northeast Digestive Health Center
704-783-1840

Split Dose Prepopik Preparation

3 days before your examination- Date _____:

Eliminate foods from your diet that are difficult to digest. This is what we call a low residue diet. You may continue to eat meat of any kind, pasta, rice, and cooked fruits vegetables (without skins/peels) during these 3 days. **Foods to eliminate include: fiber cereal like All Bran and Fiber One, nuts, seeds, popcorn, raw vegetables and fresh fruit.**

One day before your examination- Date _____:

Eat a LIGHT breakfast. Do not eat more than you routinely have any other morning.

Begin a clear liquid diet after breakfast (see page 2 for a suggestion list).

Beginning at 6:00pm pour one packet of PREPOPIK into the mixing container. Add cool drinking water to the 5 oz. line on the container and stir to mix.

Drink all the liquid in the container.

After you finish, you **must** drink 5 more containers filled to the 8oz. line with the clear liquid of your choice. These should be completed within the next two hours.



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Day of your examination- Date _____:

Beginning at 5:30am pour one packet of PREPOPIK into the mixing container. Add cool drinking water to the 5 oz. line on the container and stir to mix.

Drink all the liquid in the container.

After you finish, you **must** drink 5 more containers filled to the 8 oz. line with the clear liquid of your choice. These should be completed within two hours.

You are scheduled with Dr. _____ at _____ (facility) _____.

Your procedure time is _____ am/pm.

Please arrive at _____ am/pm.

****If your procedure is scheduled at Gateway Surgery Center please call 704-920-7049 one business day prior to your procedure for your arrival time.**

You may have clear liquids up to 2 hrs prior to your procedure. **ONCE YOU ARE WITHIN THE 2 HOUR WINDOW NOTHING including gum, mints or hard candy MAY BE CONSUMED BY MOUTH!**

Do not drive, work, operate machinery, or make important decisions the rest of the day.

Special points of interest:

- You **MUST** have a driver bring you to the procedure, remain on the premises throughout the procedure and drive you home. Failure to do so will result in postponement or cancellation of your procedure.

Medication Guidelines

The morning of your procedure you may take medications for:

High blood pressure
Heart conditions
Asthma/ Lung conditions
Seizures
Thyroid conditions

If you are **diabetic**, the **day of your preparation** you may take any oral diabetes medications as you normally do. If you take insulin, please take your regular AM insulin dose and ½ dose of any PM insulin. **The morning of your procedure you should hold all diabetes medications.**

If you are on **any blood thinners**, please see the chart below for how long to hold your medication prior to your procedure:

****Please take these with just a small sip of water****

Coumadin or Plavix	5 days
Effient	7 days
Pradaxa, Xarelto or Eliquis	2 days

Hold **Iron** for 3 days prior to your procedure. This does not include Multivitamins with Iron.

You do not have to hold **Aspirin**.

Gentlemen- Please hold erectile dysfunction medications for 3 days prior to your procedure.

Dietary Guidelines

DO NOT begin the clear liquid diet until the day before your examination!

Examples of Allowable Clear Liquids Below:

Water (the original clear liquid)
Crystal Light or Kool Aid
Chicken or Beef Broth (canned or boullion) **NO NOODLES or RICE**

Apple, White Cranberry, or White Grape Juice.

Clear or Yellow Soft Drinks (Sprite, Sundrop, Ginger Ale, Mountain Dew, Sierra Mist)

Popsicles and Italian Ice (no yogurt or ice cream)

Jello- flavor suggestions: peach, lemon, lime, watermelon, white grape

Gatorade or Powerade –these are excellent replacement fluids.

Hard candy and lollipops

Tea and Coffee without creamer

NO milk, creamed soups, or crackers while you are on this diet.

Please avoid all RED, PURPLE and BLUE colored clear liquids!

Hints and Tips to Make your Colonoscopy Easier

Wear loose, comfortable clothing that is easy to get into and out of to the procedure. You may want to wear or bring socks.

Use pre-moistened wipes during the preparation-pat, don't wipe.

Use A&D Ointment or a similar product (no Vaseline) after bowel movements to reduce irritation of the anal area during the preparation.

Drinking through a straw can help with the taste of the preparation and you can get it down faster!

Ladies- Colonoscopy can be performed during your menstrual cycle. Please bring your supplies. Tampons are acceptable.

Please remember, it is very important that these instructions be closely followed in order for your procedure to be as safe and thorough as possible. Inadequate preparation can result in a difficult and possibly incomplete examination.

We will be contacting you 3 business days prior to your procedure to answer any questions you may have regarding these instructions and your upcoming Colonoscopy. Please review them ahead of time. If you have any questions before that phone call please feel free to call us at 704-783-1840.

Colonoscopy FAQ

Why can't I have anything red, purple or blue?

The dyes used in food to produce these colors do not always get absorbed by the body and the residue can look like blood in your colon.

I can't have *any* solid food after breakfast? No. If your colon is not adequately cleaned out it will impair our ability to perform a complete examination and possibly result in the need for a repeat colonoscopy.

What if I cannot tolerate the preparation? Please call the office ASAP. If it is before 5pm, the office staff can help you with alternatives. If it is after 5pm, the on call physician is available to assist you.

Why does my driver have to stay the entire time I am at the facility?

For your safety. Your judgment is impaired due to the sedation and you cannot make sound decisions during or after your procedure.

How long does it take? The colonoscopy itself takes less than 30 minutes but plan on being at the facility about 2 to 2 ½ hours from arrival to discharge.

Does the procedure hurt?

Most people don't even remember their procedure! If you experience any discomfort it is usually cramping (like gas pain).

When do I get the results of my test?

The physician will speak with you and your driver after the procedure. Biopsy results are usually available in 5-7 days. You will be notified by phone or at your follow up visit of these results.