

1825 Logan Ave. (Entrance 8)
Waterloo, Iowa 50703
319.235.3823

125 E. Tower Park Dr.
Waterloo, Iowa 50701
319.234.5990

UnityPoint Health - Allen Hospital
Digestive Health Center
CedarValleyGI.com

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Colonoscopy Prep Instructions - Prepopik

(Please also see bowel prep instructions - attached)

**** There will be instructions on the prescription box that you get from the pharmacy, please DO NOT use those instructions. Please use these instructions that we provide to you. ****

7 Days prior to the exam (unless otherwise instructed) stop taking the following:

Ticlid ~ Plavix ~ Aggrenox ~ Effient

5 Days prior to the exam (unless otherwise instructed) stop taking the following:

Coumadin ~ Iron Supplements ~ Metamucil/Other Fiber Supplements ~ Products That Contain Olestra ~ Popcorn, Nuts, & Seeds

2 Days prior to the exam (unless otherwise instructed) stop taking the following:

Pradaxa (Debigatran Etxilate) ~ Xarelto ~ Eliquis

**** If you forget to discontinue any of these medications, please call our office from the hours of 8:30am to 5:00pm or let the nurse know when you arrive for your procedure. It is not necessary to call after normal business hours ****

****If you are diabetic****

- Take ½ of your usual dose of medication or insulin in the morning on the day prior to the exam (your prep day).
- Do not take your evening dose of medication or insulin on the day prior to the exam.
- Do not take any medication or insulin on the morning of your exam.
- If you usually do accucheck readings at home, please do one in the morning prior to coming to your appointment on the day of your exam.

2 Days prior to your procedure: date: _____

- Drink at least eight 8-ounce glasses of water during the day.
- Take a dose of Miralax in the evening to ensure a good prep. It should not give you diarrhea or interfere with your daily activities. *(You can get Miralax from your local drug store or obtain a complimentary packet from Allen Digestive Health Center at 125 E. Tower Park Dr. in Waterloo).*

The day prior to your procedure: date: _____

- **DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY.** Your preparation will work better if you drink extra fluids all day, so drink fluids starting first thing in the morning. *(Note: if you are on fluid restrictions, please let us know).*
- Drink an 8 ounce glass every hour at minimum *(it is important that you drink plenty of liquids to ensure that the laxative will work and to avoid dehydration).*

Things you may have:

Apple Juice ~ White Grape Juice ~ Clear Broth ~ Boullion ~ Jello ~ Popsicles ~ Water ~ Black Coffee ~ Tea ~ Hi-C ~ Gatorade ~ Lemonade ~ Iced Tea ~ Soda ~ Kool-Aid

Things you may not have:

*Solid Foods ~ Juices With Pulp ~ Alcoholic Beverages ~ Milk ~ Milk Products ~ Caffeine (Limit 3 Per Day)
~ **Items That Are Red Or Purple***

Night before your procedure: date: _____

Start your laxative at 6:00pm – see page 3 for further preparation instructions

Morning of your procedure: date: _____

Take the second dose of laxative 4 hours prior to your arrival time (plus drive time) – see page 3 for further preparation instructions. Even if your stools were clear after laxative dose last evening, you must drink second laxative dose.

Continue to drink clear liquids until _____. **Your stools should be clear or yellow, so that you can see through to the bottom of the toilet following a bowel movement.** If you are having stools that are brown or contain pieces, call our office at 319-234-5990.

***Take medications 2 hours after drinking your last dose of laxative.**

***You may take heart, blood pressure, seizure, anti-rejection, anti-anxiety/depression medication the morning of your procedure. Any medications you feel should not be missed, please call the office to check. When you come in, let the nurse know what medications you have taken that day.**

1. If you use inhalers, please bring them with you.
2. You must have a driver due to sedation you will receive. You will not be able to drive or work until the next day.
3. Wear loose comfortable clothes, you may feel bloated after the procedure.

Date of procedure _____ Arrival Time _____

**** The time that we give you is the ARRIVAL time, your procedure typically starts within 1 1/2 - 2 hours following your arrival ****

**** EXPECT TO BE HERE 3-4 HOURS ****

Location: Office Endoscopy Suite
125 E. Tower Park Dr.

Allen Hospital
1825 Logan Ave.
(Outpatient Entrance #8 on Donald St.)

Grundy County Hospital
201 E. J Ave.
(Main Entrance #1)

Buchanan County Health Center
1600 1st St. East
Independence

Follow up office visit: _____

If you have any questions or concerns, please call our office at 319-234-5990.
Office hours are Monday – Friday from 8:30am - 5:00pm, with phones answered 24 hours per day for emergencies.

Please notify your insurance carrier of your upcoming outpatient procedure so you are aware of your benefits.

Patient Instructions



PACKET

1

The night before your colonoscopy procedure

Date / / Time : PM to : PM

STEP ONE

Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup.



STEP TWO

- **Pour** in the contents of ONE (1) packet.
- **Stir** for 2-3 minutes until dissolved.
- **Drink** the entire contents.



STEP THREE

Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace within the next 5 hours, before bed.



1 2 3 4 5
Check off a circle as you finish each drink.



PACKET

2

The morning of your procedure

Date / / Time : PM to : PM

Repeat STEPS ONE and TWO



Follow with at least THREE (3) 8-ounce drinks of clear liquid within 4 hours, before the colonoscopy.



1 2 3
Check off a circle as you finish each drink.

Your colonoscopy is scheduled for

Date / / Time : PM
AM

Prepopik

(sodium picosulfate, magnesium oxide, and anhydrous citric acid)
for oral solution 10mg/3.5g/12g per packet

Indication

Prepopik is a prescription medicine used by adults to clean the colon before a colonoscopy. Prepopik cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

Please see Important Safety Information on reverse side.
Please see accompanying full Product Information.