Western Connecticut Health Network

Danbury Hospital
New Milford Hospital

Patient Education Sheet

COLONOSCOPY PREPARATION WITH PREPOPIK

The colonoscopy you are scheduled for requires you to drink a special solution to prepare for the procedure. The prescription for this solution will be faxed to your pharmacy at the time of your pre procedure office visit. *Pharmacies require you to pick the solution up within 2 weeks of filling the prescription.

ATTENTION: Diabetic patients taking INSULIN may be given different instructions regarding this preparation. Also please check with you doctor about medication dosage.

EMMI PROGRAM: This is an educational internet based program, which we highly recommend you viewing. You will receive instructions on how to view it at home when you schedule your procedure.

AT LEAST ONE WEEK PRIOR:

***Special instructions*:** Patients taking a **blood thinner**, such as Coumadin or Plavix, **MUST** contact the doctor who has ordered the blood thinner. This doctor will decide whether you should stop the medication before your colonoscopy.

3 DAYS PRIOR DATE: _____

1. Stop taking all herbal supplements, vitamins, iron and fiber supplements.

2. Continue to take your daily prescribed medications except as noted regarding blood thinners.

3. Do not eat raw fruits or raw vegetables. Cooked or canned fruit/vegetables are okay.

4. Do not eat corn, peas, seeds, popcorn or nuts.

2 days prior Date_____

Continue the same as above.

Day Before Procedure Date: _____

1. DRINK CLEAR LIQUIDS ONLY all day for Breakfast, lunch and dinner.

NO FOOD. NO DAIRY, No Alcohol, NO gum or hard candy, **Do not drink anything RED OR PURPLE colored.**

May have: apple juice, white cranberry/white grape, popsicles, jello, Italian ice, ginger ale, Sprite, black coffee, black tea, Gatorade preferred. Drink an 8 oz glass of clear liquid every hour between 11am and 5pm

2. At 5pm START THE PREPOPIK
Step1: Fill the dosing cup provided with cold water up to the lower 5 ounce line .
Step 2: Pour in the contents of one(1) packet. Stir for 2-3 minutes until dissolved. Drink entire contents.
Step 3: Follow with five (5) 8 ounce drinks of clear liquid taken at your own pace within the next 5 hours before bed.

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Day of Procedure Date:

5 hours before arriving for your procedure

REPEAT THESE STEPS WITH THE SECOND PACKET OF PREPOPIK Do not put anything into your mouth 2 hours before your colonoscopy to allow for safe administration of anesthesia.

No gum, candy, or alcohol day of procedure.

. No diuretics or diabetic pills the morning of your procedure. Please take your other prescription medications with a sip of water at least 2 hours prior to your procedure.

Have a responsible adult 18 years or older to accompany you home. This person will be advised to remain at the hospital during your procedure.

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