

# **DIGESTIVE DISEASE CONSULTANTS**

## **PATIENT INSTRUCTIONS FOR COLONOSCOPY**

You are using the **Prepopik Bowel Prep Kit**

### **DAY BEFORE THE PROCEDURE:**

1. Drink **ONLY** clear liquids the entire day (breakfast, lunch and dinner).  
**NO solid foods, milk or milk products or RED liquids.**
2. Daily medications can be continued unless otherwise specified.
3. At **4 PM** dissolve one of the packets of the PREPOPIK with water as directed on the bowel kit. Drink all of the fluid in the container.
4. You **MUST** drink **at least 5 more 8-ounce drinks** of clear liquids within the next 5 hours at a rate that is comfortable for you.
5. At **9 PM** repeat step 3 with the second packet of the PREPOPIK.
6. Continue drinking clear liquids, **at least 3 more 8-ounce drinks**, during the course of the evening.

### **CLEAR LIQUIDS INCLUDE:**

- Water, Coffee (Black) and Tea
- Clear fruit Juices (Apple, White Grape, Lemonade and White Cranberry) Avoid juices with pulp such as orange or grapefruit juice.
- Sodas such as Sprite, 7-Up, or Gingerale(Diet and Regular),Gatorade, Powerade, Popsicles, Jell-O (**No Red, No Purple**)
- Broth and Boullion

### **DAY OF PROCEDURE:**

1. You may brush your teeth.
2. **You need a driver and your driver must stay at the facility. Public transportation and taxis are NOT allowed.**
3. Take **blood pressure meds,anti-anxiety meds,anti-psychotic meds, pain meds, heart meds,anti-seizure meds and convulsant meds** with a sip of water unless otherwise specified.
4. Please bring with you:
  - Photo ID and Insurance card(s)
  - Completed Medication List – Medications **MUST** be written out. NO pre-printed, copied or lists from previous visits will be accepted.
  - Patient's Bill of Rights Form
  - Reading glasses, if applicable

**No clear liquids 2 hours prior to your procedure, except for a sip of water with blood pressure, heart and anti-seizure medications or the procedure may be canceled.**

Please contact the office at 407-830-8661 with any questions.