

Colonoscopy Preparation Instructions: Prepopik

Patient: _____ MRN: _____

Appt. Date: _____ Check-in Time: _____ Procedure Time: _____ Est. Escort Return Time: _____

Failure to follow these instructions may cause your procedure to be cancelled. Call our office 8am-5pm if you have any questions or concerns.

A week before

- You will be receiving sedation for this procedure and **must have an escort over the age of 18 to drive you home** or the procedure will be cancelled. Uber, taxi and/or public transportation are not acceptable rides unless you have an escort accompanying you.
- Plan to take it easy on your procedure day. You will not be able to work, drive, operate equipment, or sign any important papers until the following day. Do not drink alcohol or take sedatives on your procedure day.
- **Stop eating nuts, popcorn, corn, seeds and small grains (such as quinoa) 1 week prior.** These foods clog our scopes.
- Throughout this prep you should continue taking all your normally prescribed medications unless you have been otherwise instructed.
- Check with your insurance company for authorization or deductible. **Call us and speak to our Billing Department with any insurance or billing concerns.**
- Pick up your prep at the pharmacy if you have not already done so.
- You may find it useful to visit our website, www.nwgastro.com, to view educational videos, helpful hints, and frequently asked questions.

Starting 3 days before

- **Canceling your procedure after today may result in being charged a fee of \$50.00.** Short cancellation notice does not allow us to use this time slot for other patients who have been waiting.
- **Stop taking anti-inflammatory** medications (such as Ibuprofen, Advil, Motrin, Aleve, etc.). You may take Tylenol (acetaminophen) or continue a daily aspirin if you normally take one.
- Stay well hydrated. Drink up to 8 glasses of clear liquids throughout the day in addition to eating your regular diet.
- Avoid eating obviously greasy, oily or fried foods, and continue to avoid nuts, popcorn, corn, seeds and small grains (such as quinoa).

The day before

- **Follow the diet instructions in your packet.** Continue to stay well hydrated by drinking up to 8 glasses of clear liquid throughout the day in addition to drinking your preparation.
- **Please follow our instructions below and not the instructions provided with the preparation packaging.**
- Plan to start drinking the preparation at _____. Fill the dosing cup provided with cold water up to the lower (5 ounce) line on the cup. Pour in the contents of ONE packet. Stir for at **3 minutes** until dissolved and then drink the entire solution. Follow with at least FIVE 8-ounce drinks of clear liquid (preferably an electrolyte drink such as Gatorade, not red or purple) taken at your own pace before going to bed.
- Drinking the prep will cause diarrhea typically within 1-3 hours, though results may vary. Plan to stay close to a bathroom for the rest of the evening.
- Continue to drink additional clear liquids after drinking the first half of your prep.
- If you become nauseated or vomit while drinking the prep, take a break and resume drinking prep when symptoms subside. Some people do better if drinking through a straw. Adjust temperature with ice, instead of putting the drink in the refrigerator.
- If you are unable to keep the prep down or are experiencing any unusual side effects, call us at **360-734-1420**.

Your procedure day

- Take your regular medications unless instructed otherwise.
- Prepare and drink the 2nd dose of Prepopik the same way as yesterday. We recommend that you start to drink at _____. Follow the prep with at least THREE 8-ounce drinks of clear liquid (preferably an electrolyte drink such as Gatorade, not red or purple). You can drink additional clear liquids until the time below.
- At _____ (2 hrs before check-in) **stop drinking all liquids, including your prep.** This includes hard candy and gum.
- If you have sleep apnea & use a CPAP machine bring it with you.
- Be sure to bring your insurance card and co-pay but leave other valuables at home.
- **Your escort will need to be present at your time of discharge.** We will provide an updated time for your escort to return when you check in at our front desk. Your escort is welcome to wait in the lobby where free WIFI access is available.
- Northwest Endoscopy Center is located at 2930 Squalicum Parkway, #202. We are on the 2nd floor above Mt Baker Imaging and across the street from the hospital. An elevator to the 2nd floor is located outside Mt Baker Imaging's front entrance.

Depending on your insurance, the preparation selected for you may not be covered and/or may be more expensive than an alternate such as NuLytely, GoLytely, Peg 3350 or another 4 liter prep. The prescription you were given allows the pharmacy to substitute to the less expensive option. Be aware that the less expensive option is twice the amount of liquid to drink. If you use the 4 liter prep, you will drink *half* the container the evening before your procedure and the other *half* on your procedure day. Please follow these instructions:

Mix the solution with 4 quarts of warm water. Shake well until all the powder is dissolved. Plan to drink the first half of the prep approximately 6-8 hours before you plan to go to bed. Drink an 8-ounce glass every 15 minutes until half the prep is gone. On your procedure day, start drinking the remaining prep 6 hours before your check-in time at NW Endoscopy Center. Follow the rest of the instructions on the prep form you were given. If you start to get nauseous while drinking the prep, slow down. You may want to drink the prep with a straw. You can also flavor the prep with the packets provided or use Crystal Light.

Another option- Prepopik is also available in Canada under the name "Pico-Salix"; it does not require a prescription and costs around \$20.

Diabetic patients- please follow the guidelines below unless you've been instructed otherwise by your doctor:

- If you take an oral medication or a standing insulin dose, take ½ your normal dose the evening prior to your procedure and hold your normal dose until after your procedure.
- If you take a sliding insulin dose, take as needed the day prior to your procedure and hold until after your procedure.
- If you have an insulin pump, please follow instructions provided by your doctor.

Special instructions: