

PREPOPIK  
PREPARATION FOR COLONOSCOPY  
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You are scheduled for a COLONOSCOPY on \_\_\_\_\_ at the location checked below. To prepare for the exam, please fill the prescription given to you at a pharmacy/drug store.

\_\_\_\_\_ **Sierra Endoscopy Center, Inc.** 300 Sierra College Drive, Ste. 105 Grass Valley, CA.

Two business days prior to your procedure, a staff member will call you to provide any special instructions and advise you what time to arrive at the Center. If you need to change your appointment call **530-272-0527** (press 4). If you have any other questions call **273-3377 24 hours a day, 7 days a week.**

\_\_\_\_\_ **Sierra Nevada Memorial Hospital,** 155 Glasson Way, Grass Valley, CA.

The day prior to your procedure, a staff member will call you before your exam and to provide any special instructions and advise you what time to arrive at the Hospital. If you have not heard from a nurse by 4:00 PM, or if you have questions, call 530-274-6615. If you need to change your appointment, call **530-273-3377** (press 4).

**PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY TO PREPARE FOR YOUR COLONOSCOPY.**

1. **5 Days before exam.** Do not take any Vitamin E, ginkgo biloba, arthritis medicines or NSAIDS (aleve,advil,motrin, and ibuprofen). Tylenol is OK to take.

COUMADIN \_\_\_\_\_ PLAVIX \_\_\_\_\_

2. **Three days before exam.** Eliminate any foods containing seeds from your diet. berries, bananas, whole grain breads, poppy seeds, tomato, etc.

3. **Day before exam.**

A. Force clear liquids for the entire day today. Drink at least one 8oz. glass of clear liquids every 1 ½ hour to 2 hours until bedtime. **NO ALCOHOL.**

B. May have breakfast by 10: 00AM

C. May have a light lunch before 2:00 PM. **NO SOLID FOOD AFTER 2:00 PM.**

D. After 2:00 PM, you may drink clear liquids only. Nothing Red or Purple. **NO ALCOHOL.** (See Clear liquid on back of this sheet.)

E. At 6:00 PM consume first dose of Prepopik according to directions on attached sheet.

F. Diabetic patients: Do not take any oral diabetic medication today (day of prep) or tomorrow morning (day of exam). If you take insulin, take ½ of usual AM dose and **NO pm insulin** today. Take **NO INSULIN** the day of the procedure until after procedure.

G. You may want to use Vaseline on your anal area to help prevent irritation and burning from your prep.

**Day of exam**

1. At \_\_\_\_\_(note the time instructed by the nurse who called you), prepare and take the second dose of Prepopik, the same as you did yesterday ( see item E above) You must have taken this dose at least 5 hours before arriving for your exam.

2. At \_\_\_\_\_ (note the time instructed by the person who called you), STOP all liquids. You must stop taking all liquids 2 hours before arriving for your exam. PATIENTS ON BLOOD PRESSURE OR HEART MEDICINE: Take morning blood pressure pills or heart medicine with a **SIP** of water before you leave home.

**DIABETIC PATIENTS: Do not take any oral diabetic medication or insulin today.**

You **MUST** have someone else available to drive you home! Also, you will need someone to look after you for **12 hours after** the exam.

**Additional instructions (if any):**

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**Light Meal Suggestions:**

**Breakfast:**

Entrée: One egg, boiled or poached, and a slice of white toast

**OR** a small bowl of cereal (without seeds or nuts) with milk

Beverage: Any clear liquids from the “Clear Liquids Suggestions,” below

**Lunch:**

Entrée: 3 ounces skinless chicken, turkey, fish, or seafood

**OR** 1 large or 2 medium eggs, boiled or poached

Fruit: ½ cup applesauce

Starch: 2 slices white bread

**OR** 1 cup rice

**OR** 1 small skinless potato

Dessert: 4 vanilla wafers

**OR** ½ cup sherbet

Beverage: Any clear liquids from the “Clear Liquids Suggestions,” below

**REMEMBER –**

**NO SOLID FOOD AFTER 2:00 PM THE DAY BEFORE YOUR COLONOSCOPY EXAM!**

**NO LIQUIDS (OR SOLID FOOD), INCLUDING WATER, BEGINNING 2 HOURS BEFORE YOUR EXAM!**

**Clear Liquids Suggestions:**

We define a “clear liquid” as a liquid you can read a newspaper through, for example:

- 7-Up and ginger ale
- Water
- Apple juice, **WHITE** cranberry juice, and **WHITE** grape juice
- Low sodium vegetarian, chicken, or beef broth
- Jell-O – e.g., lemon, peach, and lime (**NOT** red or purple – e.g., **not** strawberry, cherry, and grape)
- Tea is okay, but **NO ALCOHOL**. If you need caffeine, Mountain Dew or Black Coffee.
- Popsicles and hard candy also are acceptable – but **NOT** red or purple!