

Prepopik Preparation for a Colonoscopy

COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

Five (5) Days Before Procedure:

- DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.
- DO NOT take any aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen.

Day Before Procedure:

- You will need to follow a clear liquid/high sodium diet throughout the day. Items include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, tea, coffee, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day. Avoid dairy, juice products and dark colored liquids with red, purple, and blue dye.
- **STEP 1:** At 6:00 PM, fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup.
- **STEP 2:** Pour in the contents of ONE (1) packet. Stir for 2-3 minutes until dissolved. Drink the entire contents.
- **STEP 3:** Follow with FIVE (5) 8-ounce glasses of clear liquid, taken at your own pace, within ONE (1) hour.
- **STEP 4:** At 10:00 PM, repeat steps 1-3.
- You may continue to have clear liquids until bedtime.
- DO NOT EAT OR DRINK ANYTHING **AFTER MIDNIGHT.**

Day of Procedure:

- Take any currently prescribed heart or blood pressure medications with a sip of water.
- If you are diabetic: To avoid dangerously low blood sugar, **Do Not** take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- You may have clear liquids until 7:30 AM **ONLY IF YOUR PROCEDURE IS SCHEDULED AFTER 1:30 PM.**
- Plan on being at the facility for approximately 2 hours.
- A driver must accompany you to drive you home after your procedure. You will be sedated for your colonoscopy and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.
- YOU WILL **NOT** BE ALLOWED TO DRIVE OR TAKE A CAB.

Procedure Date: _____

Check-In Time: _____

Location: _____

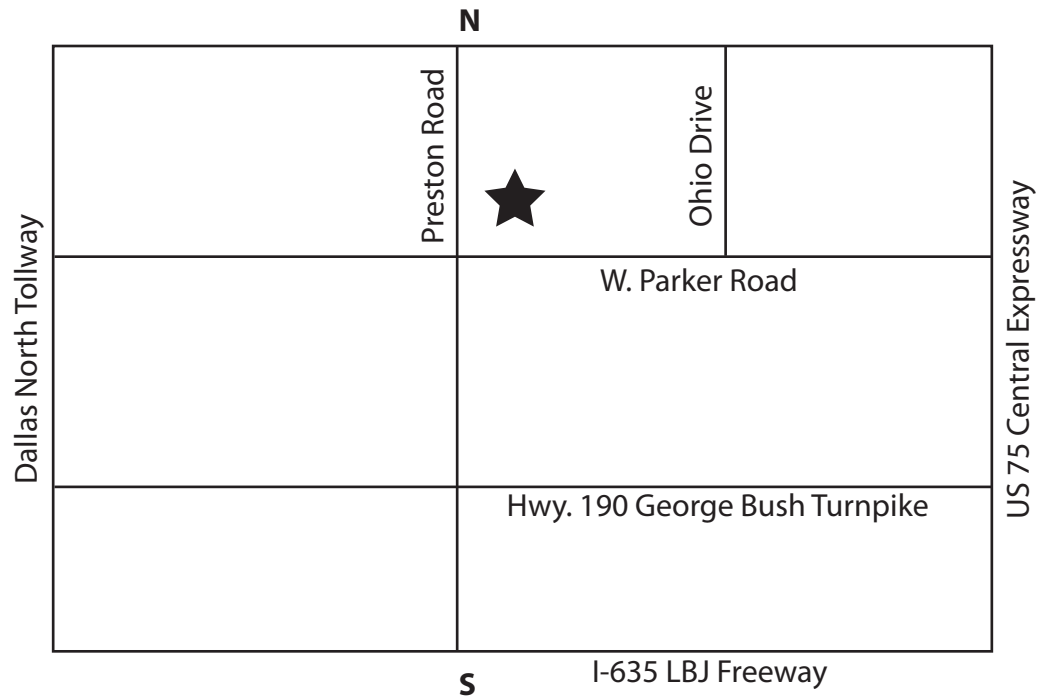
MEDICAL CENTER OF PLANO

3901 W. 15th Street - Plano, TX 75075

(Enter thru ER entrance and go to the Out Patient Registration Desk)

PRESTON CROSSING ENDOSCOPY CENTER

3500 Preston Road, Suite 200 Plano, TX 75093 (next to Stacy Furniture. Map on back.)



Preston Crossing Endoscopy Center

3500 Preston Road

Suite 200

Plano, TX 75093

Phone: 972-985-2300

Fax: 972-985-2320