

Gastro Health
Gastroenterology Gastrointestinal Endoscopy Hepatology
(239) 939-9939

PREPARATION FOR COLONOSCOPY WITH
Prepopik-Movie Prep

You have been scheduled to undergo Flexible Sigmoidoscopy or Colonoscopy. In order for the examination to be successful, your colon must be completely cleared of stool. For this reason, you must take a laxative preparation the day before the procedure. **Please follow these instructions carefully.** If your colon is not completely clear, it may interfere with the ability to diagnose your problem and could even require that the test be repeated. This preparation is safe in all patients, including those with a history of congestive heart failure or kidney failure. **Please call our office if you have any questions about the preparation or if you have any problems during the laxative preparation 239-939-9939**

Your procedure is scheduled on: _____
Date

The Facility you are to report to: _____

Please arrive for the procedure at: _____

You must have someone drive you home. You will be unable to drive for 24 hours.

INSTRUCTIONS THREE (3) DAYS BEFORE THE PROCEDURE IS SCHEDULED:

On _____ please follow a low fiber diet. **NO** raw vegetables, raw fruits or nuts.

INSTRUCTIONS THE DAY BEFORE THE PROCEDURE IS SCHEDULED:

On _____ Drink 8 ounces of a clear liquid (Juice, water, broth, tea, coffee, clear soda) **EVERY HOUR NO SOLID FOODS PLEASE.**

May also have jello (**NOT RED OR PURPLE**) up until the start of the prep.

On _____ at **5pm** begin PREPOPIK follow steps below: PLEASE FOLLOW THESE INSTRUCTIONS, **NOT** THE PREPOPIK BOX.

Step 1: Fill the dosing cup provided with cold water up to the lower (5oz) line on the cup.

Step 2: Pour contents of **ONE (1)** packet, Stir for 2-3 minutes, DRINK the entire contents.

Step 3: Follow with **FIVE (5)** 8-ounce drinks of clear liquid taken at your own pace within the next 2 hours.

INSTRUCTIONS THE MORNING OF YOUR PROCEDURE:

On _____ at **5am** REPEAT ABOVE STEPS 1 Through 2 then follow with three (3) 8-ounce drinks of clear liquids. You may continue to hydrate up to 2 hours before your procedure.

If you are diabetic, take blood thinners or aspirin, heart, or blood pressure medications; please refer to special instructions given to you. Please refrain from smoking the day of the procedure. If you are asthmatic, please bring your inhalers. If you are diabetic, please bring your insulin. **Call 239-939-9939 with any questions or concerns**