

PREPOPIK SPLIT COLONOSCOPY PREP

DAY BEFORE YOUR COLONOSCOPY (PREP DAY)

Follow these instructions the day prior to your procedure

Do not consume any food the morning before your colonoscopy, follow a clear

liquid diet and the more liquids you drink the better your prep will be.

1. Starting at 6 pm, Fill the dosing cup provided with cold water up to the lower 5 oz line.
2. Pour in the contents of One (1) packet and stir for 2-3 minutes until dissolved.
3. Drink the entire contents.
4. Follow with Eight (8 ounce) drinks of clear liquid, taken at your own pace within the next two hours. Stay close to bathroom facilities.

Note: The more liquids you drink the better your prep will be.

TEST DAY – THE MORNING OF YOUR PROCEDURE

Do not consume any food this morning.

1. Starting at 5 HOURS BEFORE YOUR APPOINTMENT, fill the dosing cup provided with cold water up to the lower 5 oz. line.
2. Pour in the contents of one(1) packet and stir for 2-3 minutes until dissolved.
3. Drink the entire contents.
4. Follow with Five 8-ounce drinks of Clear Liquid within 1 hour.

You must finish drinking all liquids and remain totally fasting during the last 4 hours prior to your examination; otherwise, the anesthesiologist may delay or cancel your appointment. You may take any important prescription medications with a small sip of water.

(Diabetic medications and blood thinners such as Coumadin require special instructions. Ask your doctor).

Plan to arrive at your scheduled time which is about one hour before your procedure. This time is necessary for preoperative preparation. Bring a driver who can remain in the building the entire time you are here. The average visit is about two hours. Arriving late or without a driver may require cancelling and rescheduling your procedure. Wear comfortable clothing and shoes that are easily removed. Leave jewelry and other valuable items at home. Bring your insurance card and driver's license. If there is co-pay, be prepared to pay it.

Note: CLEAR LIQUIDS are anything you can see through. Water, coffee, tea, clear broth, apple Juice, White cranberry juice, white grape juice, ginger ale, plain gelatin (no red or purple), **frozen juice bars (no red or purple)**. **Do not drink any milk or dairy products.**