

Newburyport Gastroenterology LLC
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Prepopik Bowel Preparation Instructions

Bowel preparation (cleansing) is needed and is very important to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy within one year. It is critical that you follow the instructions below as directed.

ONE WEEK PRIOR TO YOUR COLONOSCOPY

- Our office will call in your prescription for your bowel preparation to your pharmacy.
- The following medications must be stopped one week prior to your colonoscopy:
 - Aspirin and aspirin containing products
 - NSAIDS such as Aleve, Advil, any anti-inflammatories (Take Tylenol if needed)
 - Vitamins, iron supplements, herbal supplements
- If you are taking any blood thinning medications such as Coumadin / Plavix, please follow the instructions for stopping these medications as instructed by your physician.
- **Continue taking all other prescribed medications.**
- If you are a diabetic, follow the instructions for any changes in your insulin coverage or medication on the day before and day of the procedure as ordered by your physician.
- Please call the Access Department @ 978-834-8210 to pre-register for this procedure anytime Monday through Friday from 8am-5pm.

THE DAY BEFORE YOUR COLONOSCOPY

- NO SOLID FOOD
- Drink clear liquids only. Clear liquids include:
 - Water, apple juice, white grape juice, white cranberry juice (NO PULP)
 - Coffee/tea - **BLACK ONLY** (without milk, cream or non-dairy creamer)
 - Clear carbonated drinks like 7-up, ginger ale or sprite
 - Clear broth or bouillon, Jell-O, popsicles, sport drinks (**NO RED, ORANGE OR PURPLE**)
 - No alcohol products.
- Drink 8 ounces of clear liquid every hour from 11am to 5pm (Gatorade is preferred).

8pm (evening before colonoscopy)

- Fill the dosing cup provided with cold water up to the lower line on the cup (5 oz).
- Pour in the contents of ONE packet of the Prepopik powder.
- Stir for 2-3 minutes until dissolved.
- Drink the entire contents.
- After completing solution, you must drink five eight ounce cups of water over the next 5 hours.
- The remaining packet of powder will be used the morning of the procedure

THE DAY OF THE COLONOSCOPY

5 HOURS PRIOR TO LEAVING FOR PROCEDURE

- Fill the dosing cup provided with cold water up to the lower line on the cup (5 oz).
- Pour in the contents of ONE packet of the Prepopik powder.
- Stir for 2-3 minutes until dissolved.
- Drink the entire contents.
- After completing solution, you must drink three eight ounce cups of water.

Additional Information:

- **NOTHING BY MOUTH 3 HOURS PRIOR PROCEDURE**
- **YOU WILL NEED TRANSPORTATION ARRANGMENTS:**
You will need someone to drive you home.
You cannot walk home.
A taxi is permissible only if you are accompanied by a responsible adult.
- Leave valuables at home. Wedding bands may be left on.
- **BE SURE TO TAKE ALL OF YOUR PRESCRIBED MORNING MEDICATIONS AS YOU USUALLY DO WITH A SMALL SIP OF WATER, UNLESS INSTRUCTED OTHERWISE BY THE PHYSICIAN.**
- **If you are on a Beta-Blocker medication (metoprolol, atenolol, etc.), please DO take this the morning of your procedure.**
- **Please bring inhalers and diabetes medications with you to the hospital if applicable.**
- After your procedure, instructions will be written down prior to you going home. You may also contact the office with any questions.

PLEASE NOTE:

- If you are unable to keep your appointment on the date scheduled, please call our office to reschedule as soon as possible. A 48 hour advanced notice is desirable. Please be advised that scheduling is done by medical necessity.
- We will contact you four days prior to your procedure to give you the time to arrive. You will need to arrive at the Anna Jaques Surgical Day Area 45 minutes prior to your procedure time unless otherwise instructed. If you are delayed, please call the Endoscopy Unit at 978-463-1273.
- Your privacy and the privacy of all other patients is important to us. Please limit the number of escorts/family members who accompany you to the Hospital.