

MaineGeneral Gastroenterology

Instructions for Colonoscopy Prep PREPOPIK®

You will need to pick this prescription up from your pharmacy. Our office will arrange for it to be ready before to your procedure.

Seven days before your procedure:

- Please stop taking iron including any multivitamins containing iron.
- If you are taking any blood thinners, please call 861-6500 and choose option 4.
- **Do not stop your aspirin regimen unless our office tells you to stop.**

Three days before your procedure:

- Begin a low-fiber diet. Stop eating fresh fruits, raw vegetables, seeds, popcorn, nuts and whole grains.

The day before your procedure:

- Begin a strict clear liquid diet. If you put a liquid in a clear glass and you can see through it, you can probably drink it. A clear liquid can include:
 - Apple, white grape and cranberry juice
 - Tea and coffee without milk or creamer
 - Clear soda, Gatorade, Kool-Aid®, any flavor Popsgicle® and various JELL-O® flavors (not red or orange)
- **If you are diabetic**, see reverse side for special instructions.

Appointment Date: _____

Arrival Time: _____

Appointment Time: _____

Procedure Location:

**MaineGeneral Endoscopy
Thayer Center for Health
149 North Street
Waterville**

- Do not drink juices with pulp or prune or dark grape juice or milk and cream. Do not eat solid food.
- At about 4 p.m., dissolve the first PREPOPIK® packet in 5 ounces of cold water and drink it. It is very important that you follow by drinking five 8-ounce clear liquid drinks before the next dose. Consume these liquids within the next 5 hours.
- At about 10 p.m. dissolve the second PREPOPIK® packet in 5 ounces of cold water and drink it. It is very important that you follow by drinking three 8-ounce clear liquid drinks before bed.

The day of your procedure:

- You may continue clear liquids until _____, which is 3 hours before your procedure.
- If you normally take heart medication, blood pressure medication or asthma medication in the morning, you may take these early in the morning with a sip of water.
- Please arrive at the Thayer Center for Health Endoscopy Suite at _____, 1 hour before your procedure. Because of the sedation you will receive, you must have someone to drive you home.

If you have problems with this preparation, call 861-6500. If you call after hours, you will reach the answering service staff who will advise you.

Guidelines for Patients with Diabetes

Drink plenty of clear liquids that contain sugar.

- Check your blood glucose (sugar) at least every 2 to 4 hours and record the results.
- Check your blood sugar the morning of the procedure. If it is low, call Endoscopy at 861-6500. If you call before 7:30 a.m., the answering service will page the doctor on call.

If you use long-acting insulin:

- Take your long-acting insulin as prescribed. These include LANTUS[®], Levemir[®] or your insulin pump.

If you use short- or medium-acting insulin:

- Cut back to half the usual dose the day before your procedure.

If you take oral agents (pills):

- Take your pills as directed the day before your test.
- On the day of your test, do not take your pills until **after** your procedure.