

MaineGeneral

Gastroenterology

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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 621-4600 and choose option 2.
- **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
Alfond Center for Health, 2nd Floor
35 Medical Center Parkway
Augusta, ME 04330

- 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 Alford Center for Health at _____, 1 hour before your procedure. Because of the sedation you will receive, you must have someone to drive you home.

Guidelines for patients with diabetes on back

If you have problems with this preparation, call 621-4600. 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 621-4600. 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.