

PREPOPIK Instructions for Colonoscopy Prep
Robert W. Herring, Jr., M.D.

Patient Name: _____

Exam Date: _____ Time: _____

Location: 330 Wallace Road, Suite 103
Nashville, TN 37211
(615) 832-5530

WE CANNOT GUARANTEE THE AMOUNT OF TIME YOU WILL BE IN OUR FACILITY.
PLEASE ASSUME THAT IT WILL BE MOST OF THE DAY.

1. Please bring a list of all medications with correct/current dosages.
2. Any regular medication, especially heart, lung, seizure, or blood pressure medication **SHOULD BE TAKEN THE DAY OF THE TEST.**
3. Remove all nail polish. Remove artificial nails, if possible.
4. You will not be able to drive/operate machinery until the next day because you will be legally intoxicated (drunk) after the procedure.
5. **Peritoneal dialysis patients:** Drain all dialysis fluid prior to arriving.
6. If you wear dentures, please do not glue them in.
7. If you have sleep apnea, please bring your CPAP machine.
8. Please do not bring any valuables with you, including jewelry, as we cannot be responsible for them.

Bring 1 or 2 people **only** (due to limited space) with you the day of the test. Your memory will be affected by the medication we give you. Therefore, it is best to bring a relative or good friend to drive you home. Due to time constraints, Dr. Herring will only tell the results of the test to the person who is in the waiting room when called. Family/friends who choose to leave a phone number for patient pick-up will receive results from the nurse and they will be written down.

The medications you need are:

1. 1 Box of Prepopik
2. Two (2) simethicone chewable tablets

7 days before your test. Date: _____

- a. Do not take any aspirin products or iron supplements. You may take Tylenol.
- b. Stop eating any raw vegetables.

1 day before your test. Date: _____

- a. Stay on a clear liquid diet all day. You should be able to see through a glass of clear liquid. Examples are: water, tea or coffee with no cream, carbonated sodas, clear bouillon, apple juice, Gatorade, Jell-O, or Kool-Aid. Drink as much fluid as possible unless you are on dialysis, in which case drink your normal amount. The best fluid to drink is Gatorade, which prevents dehydration. You may also eat sherbert (be sure it does not contain red food coloring or chunks of fruit).
- b. Drink one (1) large glass of clear liquid, preferably Gatorade, every hour today to prevent dehydration.
- c. The evening before the colonoscopy procedure (at approximately 6:00 p.m.), pour 5-ounce packet in to the plastic cup included, then add water up to the 8 ounce mark on the cup, stir for 2-3 minutes then drink. Follow with five (5) 8-ounce drinks of clear liquid (preferably Gatorade [not red]) over the next few hours.
- d. If you are a diabetic: Monitor your blood sugar if you know how. If your blood sugar becomes greater than 300 do not drink Gatorade or any drink with sugar in it. If you have questions about how to maintain your blood sugar during this time, please call the office at 615-832-5530.
- e. Take one (1) chewable simethicone tablet at bedtime.

The Day of the Test. Date: _____

- a. The day of the colonoscopy starting 5 hours before the procedure At: _____ Pour second packet of Prepopik into the cup included, with five (5) ounces of clear liquid, stir for 2-3 minutes then drink. Follow with three (3) 8-ounce drinks of Gatorade (not red) in the next hour.
- b. Finish the prep but **DO NOT DRINK ANY EXTRA LIQUIDS OR EAT ANY FOOD THE DAY OF YOUR TEST.** If your test is scheduled after noon, you may have a clear LIQUID breakfast before 7:00 a.m., but after 7:00 a.m., you should have nothing to eat or drink until after your test except a small amount of water to take your regular medicine.
- c. Take your regularly scheduled medicines, but do not take medicine specifically used for blood thinning.
- d. **If you are a diabetic:** Monitor your blood sugar if you know how. If your blood sugar becomes greater than 300 do not drink Gatorade or any drink with sugar in it. If you have questions about how to maintain your blood sugar during this time, please call the office at 615-832-5530.

Please call and leave a message for the nurse at 615-832-5530 Monday through Friday, 8:00 a.m. to 4:00 p.m., if the following applies to you:

1. You have heart valve disease or an artificial heart valve or have had rheumatic fever with heart damage.
2. **CALL IF YOU ARE ON ANY BLOOD THINNERS:** Effient (prasugrel), Plavix (clopidogrel), Ticlid (ticlopidine), Pradaxa (dabigatran etexilate mesylate), Xarelto (rivaroxaban), Agrylin (anagrelide), Miradon (anisindione), Coumarin (dicoumarol), Coumadin (warfarin), Pletal (cilostazol), Trental (pentoxifylline), Arixtra (fondaparinux), Persantine (dipyridamole), Heparin, Lovenox Injection (enoxaparin), Jantoven (warfarin), Eliquis (apixaban) **AND YOU WERE NOT GIVEN SPECIFIC INSTRUCTIONS WHEN TO STOP IT, CALL US.**
3. Plavix (clopidogrel) and Effient are stopped 10 days prior to the day of your test. On the same day you stop the Plavix or Effient start taking one (large size) 325 mg aspirin every day.
4. If you have any questions.

**** Calls are generally returned in the evening unless it is an emergency situation. ****

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***** If the Prepopik prep is too expensive with your insurance plan, the alternate over-the-counter laxatives are:**

1. Six (6) 5 mg Dulcolax tablets or generic equivalent (bisacodyl).
2. Four (4) bottles Magnesium Citrate (sometimes called Citrate of Magnesium), lemon flavor only.
3. Four (4) simethicone tablets.

**** It will cost about \$15.00.**

Dialysis patients should not have Magnesium Citrate. If you are a dialysis patient, call the office for instructions.

1 day before your test:

Stay on the clear liquid diet (examples are on page 1) but substitute three bottles of the magnesium citrate at approximately 6:00 p.m. (where it says Prepopik on the first page). Plus, take 6 Dulcolax (bisacodyl) tablets at 8:00 p.m.

The day of your test:

5 hours before the procedure take the last bottle of the magnesium citrate (where it says Prepopik at the top of this page).