

SAN JOSE GASTROENTEROLOGY

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INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION AM with PREPOPIK (SPLIT DOSING)

- For the best possible examination, please follow the instructions below carefully.
- You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare such as taxi, Uber. The sedative medication makes it unsafe to drive on the day of the procedure. **If you do not have a chaperone to drive you home, the appointment may need to be cancelled.**
- **Plan to take the day off from work.**
- **Do not bring children to your appointment. Leave jewelry and valuable items at home.**
- Bring all of your daily medication to the colonoscopy
- **TAKE** your heart/blood pressure medication with small sips of water the morning of you colonoscopy. If your colon output is not a clear yellow color (or similar) after the laxative cleansing, inform the nurse when you arrive for your procedure



*****ONE (1) WEEK BEFORE THE COLONOSCOPY:**

1. **STOP** iron pills, vitamins and herbs. **AVOID** seeds and fibers (berries, multi grain bread, popcorn)
2. **OBTAIN** Prepopik from your pharmacy one (1) week before the procedure. If this medication is replaced due to insurance requirement, please inform SJGI so new instruction can be given to you. If this medication is replaced due to insurance requirement, you need to inform SJGI so that new instructions can be given to you.



***** ONE (1) DAY BEFORE THE COLONOSCOPY:**

- **CONTINUE** to take all diabetes medications regardless of taken time in morning or evening daily. **REDUCE** morning and evening doses of long acting insulin by one half.
- You will need to be on a **CLEAR LIQUID DIET (Do not fast or starve yourself)**

For a full 24 hours prior to the colonoscopy, you must be on a clear liquid diet limited to water and the following:		DO NOT eat solid food DO NOT chew gum DO NOT drink any of the following: <ul style="list-style-type: none">▪ NO red or purple liquid▪ NO liquids that you can't see through▪ NO alcoholic beverages▪ NO milk products
Black coffee (no milk / no cream) Tea (black, green) Gatorade (clear) Popsicle w/o fruit or seed	7-UP Clear broth Apple Juice Jello (No red or purple)	

<p>At 6:00 PM the night before: MIX the solution</p>		<ol style="list-style-type: none"> 1. FILL the dosing cup provided with cold water up to the lower (5-ounce) line on the cup 2. POUR in the content of ONE (1) packet 3. STIR for 2-3 minutes until dissolved 4. DRINK the entire content within <u>one hour</u>
<p>7 PM - Midnight Drink additional clear liquids</p>		<ol style="list-style-type: none"> 5. FOLLOW with <i>at least</i> five (5) 8-ounce drinks of clear liquid, taken at your own pace up until midnight.

***** ON THE DAY OF THE COLONOSCOPY:**

<p>4 hours prior to the colonoscopy</p>		<ol style="list-style-type: none"> 1. FILL the dosing cup provided with cold water up to the lower (5-ounce) line on the cup 2. POUR in the content of ONE (1) packet 3. STIR for 2-3 minutes until dissolved 4. DRINK the entire content within <u>one hour</u>
<p>Drink additional clear liquids</p>		<ol style="list-style-type: none"> 5. FOLLOW with three (3) 8-ounce drinks of clear liquid, taken at your own pace within 2 hours prior to your appointment.

If you have any questions, please contact our office at **408-347-9001**. If you need to reschedule or cancel your appointment, kindly give **3 business days notice**.

Thank you very much for your cooperation.