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AFTERNOON PREPOPIK COLON PREP

*Please read this at least 1 week prior to your procedure. You may find more information at our website www.mygidocctors.com under the heading "Your Procedure."

2 DAYS BEFORE PROCEDURE:

No roughage (no uncooked vegetables, salads, seeds, nuts, corn, popcorn, skin of fruit).

DAY BEFORE PROCEDURE:

Diet: You may have breakfast and light lunch. Diet for the rest of the day is restricted to clear liquids. Drink **at least** eight 8 oz. glasses, preferably more:

Broth or bouillon (chicken, vegetable, or beef)

Apple or white grape juice, orange juice (no pulp), ginger ale, 7-up, sodas

Light coffee (no cream), tea, water, lemonade, Gatorade, Jell-O (not red), popsicles

No Cranberry juice. Nothing red or dark in color. No milk products. No alcohol.

Prep: Drink the first dose of Prepopik at **8 p.m.** Do not prepare the solution in advance. Fill supplied cup with cold water to lower line (5 oz.), add 1 packet, and stir well for 2-3 minutes so that grittiness is minimized. It may become slightly warm. Drink the entire contents. Try using a straw, or sucking on lemons or hard candy to reduce any after-taste. Then drink at least five 8 oz. glasses (upper line) of clear liquids within the next five hours at your own pace. You may continue to drink clear liquids after that.

**Temporary nausea, headache, bloating, or cramping sometimes occur. If necessary wait 15-30 minutes until these symptoms pass before drinking more liquids. Bowel movements generally start within an hour and may continue for 3 or 4 hours. It is important to drink enough to avoid dehydration. If vomiting occurs or you have no bowel movements, please contact us for further instructions.*

DAY OF EXAM:

Drink the second dose the same way the next day at least 3 hours before your colonoscopy, followed by at least three 8 oz. glasses of clear liquids within the hour. Be sure to finish at least 2 hours before your appointment time. Remember to take **NOTHING BY MOUTH FOR 2 HOURS BEFORE YOUR PROCEDURE.**

***Do not take ibuprofen, Advil, Aleve, Motrin (NSAIDs) for at least 3 days prior to procedure.**

***Please stop Plavix, Coumadin, or any other blood thinners 3 DAYS BEFORE procedure unless instructed otherwise by your physician.**

***Do not take any medications on the day of your procedure unless otherwise instructed by your physician.**

***IF YOU HAVE ANY QUESTIONS OR PROBLEMS, YOU MAY CALL THE OFFICE AT 650-342-7432 TO SPEAK WITH THE DOCTOR ON-CALL.**

***IF YOU MUST CANCEL YOUR PROCEDURE, PLEASE NOTIFY OUR OFFICE AT LEAST 3 BUSINESS DAYS IN ADVANCE SO THAT WE MAY GIVE THAT SPACE TO ANOTHER PATIENT. We appreciate it!**