

EUGENE Y. LEE, M.D.  
Mid-Peninsula Endoscopy Center  
1720 El Camino Real, Suite 100  
Burlingame, CA 94010  
650-373-1970

## **MORNING PREPOPIK COLON PREP**

\*Please read this at least 1 week prior to your procedure. You may find a savings card for the Prepopik at [www.prepopik.com](http://www.prepopik.com). You may find more information at our website [www.mygidoctors.com](http://www.mygidoctors.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 light breakfast (i.e. scrambled eggs, white toast). 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:** Take the two Dulcolax tablets by mouth at **5 p.m.** Drink the first dose of Prepopik. 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 until midnight.

*\*Temporary nausea, headache, bloating, or abdominal 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. Consider using petroleum jelly, A & D ointment, or Desitin around anus after each bowel movement to minimize irritation. 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 morning at least 4 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! There is a \$100 charge for late cancellation.**