

## General Procedure Information

Please read these instructions two weeks before

-Arrange to have a driver to come with you and remain in our waiting room during your test.

### Laxative Prep Method

\*Follow these instructions. **Do NOT follow instructions on the box**

Prepopik Prep – Split dose

Supplies to purchase

1. Prepopik Prep Kit (fill prescription)
2. Clear liquid beverages/product

### General Instructions

2 weeks before procedure

- Stop taking herbal products
- Stop eating snack containing olestra (found in “light” snacks)

1 week before procedure

- Stop taking aspirin, NSAIDs and blood Thinners **3, 4, or 5** days or as approved by your prescribing physician. You may take Tylenol (acetaminophen)
- Stop multivitamins, vitamin E, iron and fish oil supplements

Days before your procedure

- Purchase supplies
- Read through these directions
- Expect call from anesthesia department to discuss your medical history.

If you are diabetic, read and follow the special diabetic instructions.

Questions?

Please see frequently asked questions first. If you still have questions, please call

## Day Before Procedure

Date: \_\_\_\_\_

### DIET INSTRUCTIONS

You may only have CLEAR LIQUIDS the entire day before your procedure

**NO SOLID FOODS** should be eaten on this day

Examples of CLEAR LIQUIDS: strained fruit juices (apple, white grape, white cranberry). Limeade, lemonade, coffee, tea (no creamer), Coke, Pepsi, Diet soda, non-red soft drinks, chicken or beef broth, gelatin desserts without added fruit or whipped topping

AVOID RED and PURPLE liquids, including food dye

AVOID MILK and ALCOHOLIC beverages

### LAXATIVE PREP INSTRUCTIONS

-At 5 pm: Fill the dosing cup provided with cold water up to the lower (5 ounce)line on the cup.

-Pour in the contents of ONE (1) packet and stir for 2-3 minutes until dissolved.

-Drink the entire contents.

-Follow with at least FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace with in the next 5 hours, before bed.

## Day of Procedure

Date \_\_\_\_\_

### LAXATIVE PREP INSTRUCTIONS

**-6 hours before leaving for the procedure** Fill the dosing cup provided with cold water up to the lower (5 ounce)line on the cup.

-Pour in the contents of ONE (1) packet and stir for 2-3 minutes until dissolved.

-Drink the entire contents.

-Immediately follow with THREE (3) 8-ounce drinks of clear liquid within 1 hour.

**-Put nothing else in your mouth** except a small sip of water with your heart, blood pressure or seizure medication.

**-You must have NOTHING in your mouth 4 hours prior to your procedure.** (This means NO water, ice chips, gum, candy, cough drops, etc.)

\*\*Any contents in your stomach could come up, getting into your lungs while under anesthesia.

### GENERAL INSTRUCTIONS

-You may brush your teeth and gargle prior to your test.

-DO NOT wear body LOTION or body JEWELRY.

Please remove all piercings (tongue, cheek, nose rings, etc) prior to arrival.

-Someone must be with you while you have the procedure and to drive you home. If your driver is **NOT** in our waiting room, your procedure will **NOT** be performed.

-Failure to follow these instructions may cause your procedure to be delayed or cancelled.