

**VIRTUA MEMORIAL HOSPITAL
175 MADISON AVENUE
MT. HOLLY, NJ 08060**

**COLONOSCOPY INSTRUCTIONS – Evening/Morning Prep (Split Dose)
Prepopik – PRESCRIPTION REQUIRED**

Date of Procedure: _____

Report Time for Procedure: _____

_____ E-Prescribed to Pharmacy

_____ Prescription given to patient

If you DO NOT follow these instructions your procedure may be cancelled

If you have any **questions**, or **you are unable to complete most of the prep given or have not moved your bowels**, please call the GCSJ office **IMMEDIATELY** at **609-265-1700**. If it is after 5 pm you will receive a callback from the Doctor On-Call for the evening.

PRIOR TO YOUR PROCEDURE: Be sure to get your Prepopik Prep Kit at least “1” week before your procedure. **If you take ANY BLOOD THINNERS OR MEDICATION FOR DIABETES, follow the instructions given to you by the provider at your appointment OR by the nurse during your phone interview.**

7 DAYS PRIOR TO THE PROCEDURE STOP THE FOLLOWING: (Unless otherwise instructed by your physician)

Fish Oil , IRON or Multivitamin with iron, OTC Supplements

THE ENTIRE DAY BEFORE THE PROCEDURE – (YOUR PREP DAY)

You are to be on a CLEAR LIQUID DIET. **NO SOLID FOOD (NO RED or PURPLE COLORED PRODUCTS – ORANGE IS OK)**

This includes **only** the following:

1. Water
2. Clear Broth: chicken, beef, vegetable
3. Clear juices: apple, white grape, white cranberry
4. Soft drinks: soda, Gatorade, lemonade- **NO RED OR PURPLE**
5. Coffee or tea: (hot or iced) – **NO CREAM, MILK, or POWDERED CREAMER**
6. Jell-O- **NO RED OR PURPLE**
7. Popsicles (without fruit or cream), lemon sorbet, Italian Ice

START PREP: Plan on being at home during your prep. For your comfort you may use Vaseline or moistened baby wipes around the anal area.

Begin the prep after work **but no later than 7:00 pm** (day prior to the procedure)

1. Mix the prep right before you drink it. Mix the contents of one (1) packet in the dosing cup provided with 5 ounces of water. Stir for 2-3 minutes until dissolved completely. Drink the entire contents of the cup.
2. **Drink FIVE (5)**, eight ounce glasses of **ANY** clear liquid on the list. Drink this over the next 2 hours. You will most likely start having loose bowel movements within 1-2 hours after drinking the bowel prep and clear liquids. This may last for several hours.

Try to be up and about (active) as much as possible while drinking the solution. You may continue to drink clear liquids from the list during the prep time. It is important for you to prevent yourself from becoming dehydrated so **KEEP DRINKING THE RECOMMENDED CLEAR LIQUIDS** up until midnight.

No hard candy, Lifesavers, mints, gum or Smoking 5 HOURS PRIOR TO YOUR PROCEDURE TIME.

MORNING OF THE PROCEDURE : Your morning prep start will be 5 HOURS PRIOR TO YOUR PROCEDURE TIME. GCSJ will advise you when to begin the final dose of Prepopik.

*******You must finish your prep and not drink anything else within 4 hours of your procedure.*******

Begin your final dose of Prepopik at _____ a.m. on the morning of your procedure.

Mix the prep using the instructions from the previous evening. The instructions are exactly the same for the powder and water mixture. Once you have consumed the prep, you should **immediately** follow it by drinking a quantity of **3 to 5**, 8 ounce glasses of any clear liquid over 1 hour.

You **MAY** take your morning medications after your last dose of the morning prep with a sip of water. However, if you are DIABETIC, you **MAY NOT** take your diabetes medication.

You are required to have a responsible party over the age of 18 accompany you to provide transportation after your procedure. For the safety of our patients, we do not allow our patients to drive themselves home. We recommend that your driver wait for you during the visit to the surgical center.

PLEASE NOTE: Female patients, of childbearing age, (up to and including the age of 50) will be required to provide a urine specimen for pregnancy testing. This is required for the administration of anesthesia on the day of your procedure. Please avoid urinating immediately prior to your arrival the day of your procedure to prevent delay or possible cancellation.