

Prepopik Split Preparation for a Colonoscopy

COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

Five (5) Days Before Procedure:

- DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.
- DO NOT take any aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen.

Day Before Procedure:

- You will need to follow a clear liquid/high sodium diet throughout the day. Items include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, tea, coffee, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day. Avoid dairy, juice products and dark colored liquids with red, purple, and blue dye.
- **STEP 1:** Consume FIRST DOSE between 5:00pm-9:00PM, fill the dosing cup provided with cold water up to the lower (5-OUNCE) line on the cup.
- **STEP 2:** Pour in the contents of one (1) packet. Stir for 2-3 minutes until dissolved. Drink the entire contents.
- **STEP 3:** Follow with FIVE (8-ounce) glasses of clear liquid, taken at your own pace, within ONE (1) hour.
- You may continue to have clear liquids as desired.

Day of Procedure:

- Take any currently prescribed heart or blood pressure medications with a sip of water.
- Please call Dr. Yepuri's office to confirm the time to repeat steps 1-3 in the morning.
- **After completing step 3 nothing to eat or drink until after procedure.**
- If you are diabetic, you can take your medications the day before the procedure. If you are insulin dependent, you can take a 1/2 dose the evening before the procedure. **DO NOT** take medications the day of the procedure.
- Plan on being at the facility for approximately 2 hours.
- A driver must accompany you to drive you home after your procedure. You will be sedated for your colonoscopy and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.**

Procedure Date: _____

Check-In Time: _____

Location: _____

TEXAS HEALTH HARRIS METHODIST H.E.B. HOSPITAL
 1600 Hospital Pkwy Bedford, TX 76022
 (Go to the Admissions Desk in the Main Lobby)

_____ **ENDOSCOPY CENTER AT CENTRAL PARK**
 1600 Central Drive, Suite 300 Bedford, TX 76022