COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS (PREPOPIK)

Patient Name: _____________________________________________________________________

Procedure date: _____________________________ Check in at _____________________ am/pm

At our _______________________________ facility with Dr. ________________________________

ABOUT COLONOSCOPY:

A colonoscopy is a procedure your doctor will perform to examine the lining of your colon (large intestine). The doctor will insert a flexible tube into the rectum and through the colon, looking for abnormalities. Prior to the procedure, you will be given a sedative and pain medication through an IV. Following the procedure, you will be groggy for a few hours and therefore, should not schedule anything else for the remainder of the day. You are NOT allowed to drive for the remainder of the day. It is recommended to have a person over the age of 18 stay with you for 6-8 hours after the procedure.

WHAT TO BRING AND DO PRIOR TO PROCEDURE:

• Please bring your PHOTO ID and INSURANCE CARD.

• Please bring a list of your current medications (including non-prescription) and allergies.

• YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME. They will need to be within a 15 minute driving distance of our facility. They will be notified when your procedure is over and MUST be present at the time of discharge to receive instructions and teaching. You are NOT allowed to take a bus, taxi, Access a Ride, walk home, etc.

If you do not have a ride your procedure will be cancelled or rescheduled.

• You should plan on being at our facility for at least 2 hours.

• Read prep instructions THOROUGHLY.

• DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.

If you need to cancel or reschedule your appointment, you MUST do so 3 business days prior to your appointment date or a cancellation fee may be assessed.

PLEASE CHECK IN USING THE WHITE PHONE LOCATED IN THE LOBBY.

(The receptionist is unable to check you in)

• Boulder - located to your left as you walk through the second automatic door, next to the door with a stop sign.

• Lafayette - located to the right of the receptionist’s desk.

• Lakewood- located to the left of the door in the endoscopy waiting room.

• Longmont - located on a small table on the east side of partition in the lobby.
PREPOPIK PREP INSTRUCTIONS

5 days before your exam:
• Discontinue fiber supplements and medications containing iron.
• Begin a low-fiber diet. **See DIETS, TIPS & FAQ’s**
• If on blood thinners please call our office and consult prescribing physician for possible dose alterations (Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis).
• If you are diabetic, please contact our office for instructions. 303.604.5000

3 days before your exam:
• Purchase the bowel prep from the pharmacy. You may also want to purchase alcohol free wipes to ease skin irritation during the prep.
• Continue the low-fiber diet. ** See DIETS, TIPS & FAQ’s **
• Purchase 1 bottle of magnesium citrate. It will be available over the counter.

1 day before your exam:
• The day before your procedure, you should begin a clear liquid diet.
  ** See Diets, Tips and FAQ’s **
• At 5pm - Mix prep according to 2 step process below:
  o Step 1: Empty 1 packet of powder in 5 ounces of cold water. Stir for 2 minutes and drink.
  o Step 2: Drink 5 - 8 ounce glasses of clear liquids within 5 hours of taking powder.

*** You may or may not have a bowel movement after the first half of prep ***

• Beginning 5 hours prior to your procedure, follow steps 3 & 4 below until completed.
  o Step 3: Empty 1 packet of powder in 5 ounces of cold water, stir for 2 minutes and drink.
  o Step 4: Drink 3 - 8 ounce glasses of clear liquids within 3 hours of taking powder.
• If your stools are not clear/yellow, drink 1 bottle magnesium citrate (unless you have renal disease), but no later than 3 hours before your procedure. You must be finished with the entire prep process 3 hours prior to your procedure.
• No liquids 3 hours before the procedure!

*** If you feel the prep is not working, please consult the Colon Cleansing Tips section on the “DIETS, TIPS & FAQ’s” sheet FIRST, then call our office at 303.604.5000 if you still have questions/concerns. ***

The day of your procedure:
• You may take your morning medications with a sip of water with the exception of blood thinners.
• You MUST STOP DRINKING clear liquids 3 hours before your procedure.
• NO SOLID FOODS.
DIETS, TIPS & FAQ’s

Bowel Preparation (cleansing) is needed to perform an effective procedure. Any stool remaining in the colon can hide lesions and result in the need to repeat the procedure.

High fiber foods to **AVOID** starting 5 days before procedure:
- Nuts, seeds, dried fruits, raw vegetables, beans
- Whole-grain cereals, oatmeal

Low-Fiber Diet:
- White bread, white rice, pasta, skinless potatoes, plain crackers, low fiber cereals
- Fish, white meat chicken, eggs, creamy peanut butter, tofu
- Cooked carrots, cooked green beans, cooked spinach, applesauce, bananas, canned peaches
- Milk, plain yogurt, cheese

Clear Liquid Diet:
**If you can see through it, you can drink it. NO RED OR PURPLE DYES**
- Sports drinks, clear sodas, juices without pulp, water, teas, black coffee
- Clear broths, gelatin, popsicles
- Clear hard candies (not red or purple)
- **NO ALCOHOL, NO DAIRY PRODUCTS**

Colon Cleansing Tips:
- Stay near a toilet after you start the prep, you WILL have diarrhea.
- Chilling the solution in the refrigerator or drinking through a straw can make the prep more tolerable. **DO NOT ADD ICE.**
- Adding Crystal Light© (no red/purple dye) packets to individual glasses of solution instead of the packets provided may make the solution more palatable.
- Use a lemon or lime wedge to suck on between glasses.
- If you feel nauseous or vomit, rinse your mouth with water and take a 30 minute break, then continue drinking the solution.
- Use alcohol-free wipes or hemorrhoid creams to ease skin irritation.
- You may see results after the first half of the solution; however it may take the entire prep to have the desired outcome.
- It is always a good idea to hydrate yourself with water between doses. However, you **MUST STOP** consuming any liquid **3 hours** prior to your procedure.
- If you have completed your prep and the stools are not clear or yellow, you will need to purchase a bottle of Magnesium Citrate (avoid the red, cherry flavor) from the pharmacy or grocery store. If after you have consumed the bottle of Magnesium Citrate and continue to have little or no results, contact our office at **303.604.5000**.