

COLONOSCOPY BOWEL PREPARATION

Prepopik

NAME: _____ **DATE:** _____ **ARRIVAL TIME:** _____

Read these instructions at least **ONE WEEK** before your scheduled appointment so that you understand how to adequately prepare for the colonoscopy procedure. It is very important that you follow all instructions carefully because inadequate bowel preparation can result in missed lesions, increased procedural time, a potential increase in complication rates and may require that your procedure be rescheduled.

In addition, please contact your insurance company to determine if you will have any out-of-pocket cost for your procedure.

If you have any questions about your *procedure preparation* or *medication guidelines*, please contact your scheduler, _____, at (614) 458-1183, extension # _____.

Procedure Location

 Go to Outpatient Registration at the location indicated below.

Downtown Endoscopy Center
700 E. Broad St., 1st Floor
Columbus, OH 43215

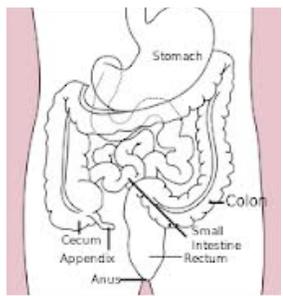
Westerville Endoscopy Center
300 Polaris Parkway, Suite 1500
Westerville, OH 43082

Riverview Surgery Center
2401 N. Columbus St.
Lancaster, OH 43130

Grant Medical Center
111 S. Grant Ave.
Columbus, OH 43215

St. Ann's Hospital
500 S. Cleveland Ave.
Westerville, OH 43081

Please note: the hospital locations have limited availability, therefore they are reserved only for those with insurances not in network with outpatient facilities and/or who have medical conditions not suited for an outpatient setting.



“A colonoscopy is an exam used to detect changes or abnormalities in the large intestine (colon) and rectum. During a colonoscopy, a long, flexible tube (colonoscope) is inserted into the rectum. A tiny video camera at the tip of the tube allows the doctor to view the inside of the entire colon. If necessary, polyps or other types of abnormal tissue can be removed through the scope...tissue samples (biopsies) can be taken during a colonoscopy as well”.

- MayoClinic.org

3-4 days prior to your procedure:

- Go to prepopik.com to download a discount coupon
- Take the coupon to your pharmacy when you have your prescription filled. (If it is not covered by your insurance, please do not purchase it & let us know. We can call in another Rx to your pharmacy.)
- Do not eat corn or beans; their outer layer may take longer for your body to digest.
- Do not eat popcorn, seeds, nuts, etc. as they have the potential to damage the colon scope.

The day before your procedure:

- **No SOLID FOODS! No RED!**
- Only consume clear liquids such as soup broth, strained fruit juice, coffee, tea, soft drinks, white grape juice, lemonade, etc. You can have jello (no fruit cups or cream) & popsicles (as long as they aren't red!)
- Do not drink red liquids or dark purple (e.g. grape juice); they can stain your colon and hinder visibility
- Avoid dairy products (these take longer to digest)

On the day of your procedure:

- Do not eat or drink anything after midnight the night before, or the day of, your procedure. This includes water.
- Do not take your medications unless instructed to do so (see medication guidelines)



M E D I C A T I O N G U I D E L I N E S

Blood Thinners

Blood thinners (i.e. Coumadin) are stopped four (4) days prior to your procedure. Please talk with your prescribing physician to make sure it is safe to do so.

Blood Pressure, Seizure, & Heart Medications

These medications may be taken 3 hours prior to your procedure with a small sip of water.

Diabetic Medications

These medications are not to be taken the morning of the procedure. You may bring them with you to take after your procedure or take them when you get home.

Iron Supplements

Iron Supplements must be stopped one (1) week prior to your procedure. This medication makes the colon very dark, so it makes it difficult to see and increases the chances of your physician missing lesions, polyps, etc.

Non-Steroidal Anti-Inflammatory (NSAID) Medications & Chronic Pain Medications

NSAID medications must be stopped 4 days before your procedure. This includes (but is not limited to) Advil, Aleve, Ascriptin, Celebrex, Empirin, Ibuprofen, Motrin, Naprosyn, Piroxicam, Sulindac, Voltaren.

If you need to take any medication for pain, you may take Tylenol (acetaminophen). If you take chronic pain medications, you may take them the morning of your procedure (3 hours before), but it is preferred that you do not since you will be administered pain medications for your procedure.

If you are unsure about the type of medication(s) you are taking, please contact your pharmacist.

PREPOPIK BOWEL PREPARATION INSTRUCTIONS

The entire day before your procedure you will be on a clear liquid diet; you will drink the bowel prep the afternoon before your procedure.

1. At 3pm, fill the dosing cup provided with cold water up to the 5oz line.
2. Mix ONE (1) packet into the cup and stir 2-3 minutes until dissolved. Drink the entire contents.
3. You must drink five (5) more 8oz cups of clear liquids over the next 5 hours.
4. At 7pm, fill the dosing cup provided with cold water up to the 5oz line.
5. Mix the 2nd packet with the water and stir 2-3 minutes until dissolved. Drink the entire contents.
6. You must drink five (5) more 8oz cups of clear liquids over the next 5 hours.
7. Continue drinking clear liquids until bedtime. However, do not consume anything after midnight.



BIOPSY RESULTS

Call our office 7-10 business days after your procedure to get your biopsy results. Please dial the extension for your physicians medical assistant to receive these results.

Dr. Gordon Kim (ext. 230)
 Dr. Tasos Manokas (ext. 248)
 Dr. Adam Tzagournis (ext. 222)
 Dr. John Tzagournis (ext. 226)
 Dr. Mike Tzagournis (ext. 225)

TRANSPORTATION

For your safety, you must have an adult accompany you to the procedure and remain at the facility the entire time. Due to the medications you will be given, you will be unable to work, drive, or take public transportation after your procedure. It is a good idea to arrange for an alternate person to accompany you in the event that your primary support person is unable to do so.