

# GASTROENTEROLOGY CONSULTANTS, P.C.

## COLONOSCOPY w/ UPPER ENDOSCOPY – *Prepopik* INSTRUCTIONS

PATIENT NAME: \_\_\_\_\_

PROCEDURE DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

- LOCATION:**
- Endoscopy Consultants, LLC – 5669 Peachtree Dunwoody Rd. Suite 290, Atlanta, GA 30342
  - Georgia Endoscopy Center - 3330 Preston Ridge Rd. Suite 200, Alpharetta, GA 30005
  - Saint Joseph’s Hospital  Northside Hospital

### **DURING THE WEEK BEFORE YOUR SCHEDULED EXAM:**

- **Avoid** excessive ingestion of food with seeds or poorly digested foods such as corn, greens and/or nuts.
- If you take iron, vitamin E or aspirin, discontinue these supplements ONE WEEK before the exam, if possible.
- Purchase the prep at the pharmacy with the prescription provided.
- Please do not hesitate to contact us for more specific questions regarding your medications.

### **THE DAY BEFORE EXAM: YOU MAY HAVE CLEAR LIQUIDS ONLY. NO SOLID FOOD OR FULL LIQUIDS UNTIL THE EXAM(S) ARE COMPLETED.**

#### **FOR EXAMPLE: YOU MAY INGEST:**

Water, Tea or Coffee (NO MILK/CREAM)  
Clear Broth or Bouillon  
*Gatorade* or *10K* (Lemon/Lime/Lemonade)

Apple Juice, *Sprite* - *7-Up* - Ginger Ale  
*Jell-O* (Lemon or Lime)-avoid red/orange-colored *Jell-O*  
*Crystal Light Nutrasweet* Mix (Lemon/Lime/Lemonade)

- **Part One: begin at 5pm the day before your exam.**

Fill to the line on the included disposable container with cool water (5 ounces). Mix contents of one ***Prepopik*** packet and stir until dissolved. Drink the entire mixture. During the next few hours, drink FIVE additional 8 ounces of any clear liquid of your choice (no red or purple) to ensure adequate hydration and successful prep.

- **Part Two: begin at 10pm the day before your exam.**

(Repeat process) Fill to the line on the included disposable container with cool water (5 ounces). Mix contents of the remaining ***Prepopik*** packet and stir until dissolved. Drink the entire mixture. During the next few hours, drink THREE additional 8 ounces of any clear liquid of your choice (no red or purple) to ensure adequate hydration and successful prep. No liquids should be taken within 2 hours of your arrival for your exam.

**IMPORTANT:** If you experience nausea while taking the prep, pause from drinking more until this nauseated feeling eases off, otherwise you may experience vomiting. If you cannot complete the entire preparation, it is possible that your bowel may not be adequately cleansed. This might cause the exam to be more difficult, longer duration and possibly inadequate, which might require repeating the process on another occasion. If you have not experienced any response to the prep, **please call** the office number and the doctor on call will discuss alternate options. The final “stool” output should appear as a thin, watery yellow or clear fluid, usually by the morning of the exam.

### **DAY OF PROCEDURE:**

**PLEASE! YOU MAY NOT HAVE ANYTHING BY MOUTH FOR AT LEAST EIGHT HOURS BEFORE YOUR EXAMINATION.** If you regularly take heart or blood pressure medicines, you **SHOULD** take these medications in the morning of your examination; you may take them with a small amount of water when you awaken. If you have diabetes or if you take blood-thinner medication, such as *Coumadin*, please contact our office for special instructions.

### **IMPORTANT: You will need someone to drive you home after the procedure.**

Please take this form with you to your procedure. Please call the office if you need to cancel or to reschedule this procedure during office hours at least 48 hours prior to your scheduled time. **ALL cancellations less than 48 hour notice or missed appointments will be charged \$250.** If you have any other questions or problems with the preparation, please call **404.255.1000** or **see instructions online at [www.prepopik.com/patientvideo](http://www.prepopik.com/patientvideo)**. If you need to call after office hours, the paging operator will reach the physician on-call. Thank you.