

BOWEL PREP INSTRUCTIONS (Prepopik)

INTERNAL MEDICINE ASSOCIATES * 8895 BROADWAY * MERRILLVILLE, IN 46410

Scheduling Dept. Phone: 219-736-4219

www.ima-med.com

DATE OF PROCEDURE: ___/___/___ LOCATION OF PROCEDURE: _____

ARRIVE AT THE FACILITY: _____ FACILITY WILL CALL YOU WITH AN ARRIVAL TIME

- You **must** have a driver present at all times at the facility who will take you home.
- *Public transportation or cabs are not allowed.*
- **STAY HYDRATED. DRINK ADDITIONAL CLEAR LIQUIDS DURING THIS PREP**

Blood Thinner Medications:

If you take a blood thinner, notify Internal Medicine Scheduling Dept. for your Special Instructions (Coumadin, Plavix, Brilinta, Eliquis, Lovenox, Xarelto, Aggrenox, Effient, Pradaxa, Zontivity or Savaysa). You may stay on your Aspirin.

PREP INSTRUCTIONS:

- **START YOUR PREP THE DAY BEFORE YOUR PROCEDURE ON _____(DATE)**
 - **AT 9:00 a.m. START A CLEAR LIQUID DIET** Please see additional page "Just what is a Clear Liquid". Do **NOT** drink any dairy products, smoothies or anything containing artificial red dye.
 - **If you are a Diabetic**, take ½ your usual dose of insulin/diabetes medication while on this Clear Liquid diet.
 - **At 6:00 p.m.**, drink first cup Prepopik with five 8 oz. glasses of clear liquids..
- **DAY OF YOUR PROCEDURE _____(DATE)**
 - **5 HOURS PRIOR TO YOUR ARRIVAL TO THE FACILITY** drink second cup Prepopik with three 8 oz. glasses of clear liquids.
 - **STOP DRINKING LIQUIDS 3 HOURS BEFORE YOU ARRIVE AT THE FACILITY OR THE PROCEDURE WILL BE CANCELLED AND RESCHEDULED. NOT EVEN A SIP!!!**
 - **IF YOU ARE A DIABETIC**
 - **Do NOT take insulin** or other diabetes medication the morning of the procedure. Please check your blood sugar the morning of the procedure and report it to the nurse.
 - **IF YOU ARE ON BLOOD PRESSURE OR HEART MEDICATION**
 - Take your blood pressure and/or heart medication as prescribed **4 HOURS BEFORE** the procedure.

Following this prep instruction provides you the best colon exam possible.