



GRANITE STATE G.I.

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**PREPARATION FOR COLONOSCOPY WITH PREPOPIK
SPLIT DOSE**

Please check your insurance company for coverage and deductible

THREE (3) DAYS PRIOR TO THE PROCEDURE:

- A. Eat light, (smaller portions at mealtime. Avoid fried food, red meat, nuts or seeds (i.e.berries, jams, tomatoes, cucumbers, strawberries, sesame seeds).
- B. **No iron or calcium supplements, multivitamins in pill form.**

DAY PRIOR TO THE PROCEDURE:

- A. **A CLEAR LIQUID DIET DAY BEFORE THE PROCEDURE.** This may include plain tea, black coffee, clear broth, Jell-O soda, popsicles, clear fruit juices or clear sports drinks such as Gatorade.
- B. **NO LIQUIDS CONTAINING RED OR PURPLE DYE, ONLY CLEAR, YELLOW, GREEN, BLACK, BROWN. NO DAIRY PRODUCTS ALL DAY.**

THE NIGHT BEFORE THE PROCEDURE FOLLOW THE STEPS BELOW:

- STEP 1. No later than 4:00 PM 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. CONTINUE DRINKING A MINIMUM OF 40 ozs. OF CLEAR LIQUIDS WITHIN 5 HOURS

DAY OF THE PROCEDURE:

SECOND DOSE OF PREPTOPIK NEEDS TO BE STARTED 4-1/2 HOURS PRIOR TO THE PROCEDURE.

- A. **NO later than ____ REPEAT THE ABOVE STEPS ONE and TWO. CONTINUE DRINKING A MINIMUM OF 24 ozs. OF CLEAR LIQUIDS WITHIN 1-1/2 HOURS.**
- B. **PLEASE STOP ALL FLUIDS AT ____ (3 HOURS) PRIOR TO PROCEDURE AS WELL AS CHEWING GUMS AND MINTS.**
- C. Also by ____ a.m. take either OTC Phazyme or Mylanta Gas pills (take the recommended dose as stated on the package). Phazyme or Mylanta gas is to reduce gas bubbles and improve visualization of the colon. STORE BRANDS ARE LESS EXPENSIVE.
- D. **Please arrive at Nutfield Building/Entrance D Suite 103 at ____.**
- E. Bring a list of your current medications with dosages and a list of allergies with you. Leave all jewelry at home.
- F. You will need a ride home approximately 1/2 - 1 hour after the procedure. Due to sedation, the hospital will **NOT** allow you to drive yourself home or take a taxi after the procedure. You must obtain a ride home from someone you know.
- G. Rest at home the remainder of the day. Memory, coordination and judgement may be impaired the date of the test.

IF YOU SHOULD HAVE ANY PROBLEMS/QUESTIONS REGARDING THE PREP AFTER OUR NORMAL

BUSINESS HOURS PLEASE CALL 432-8802. THE ANSWERING SERVICE WILL PAGE THE ON-CALL DOCTOR

SPECIAL INSTRUCTIONS

BLOOD PRESSURE AND HEART MEDICATIONS: MAY BE TAKEN AS USUAL MORNING OF PROCEDURE. ALL OTHER MEDICATIONS SHOULD BE HELD AND RESUMED AFTER PROCEDURE.

FOLLOW-UP OF RESULTS: BY LETTER OR CALL IF NEEDED