

Colonoscopy Preparation Planner



Procedure Time: you will be contacted within 1 week of the procedure date with your arrival time.



Transportation: Once you have received your arrival time, coordinate your transportation needs for the day of the procedure. **According to State law you may not, under any circumstance, be allowed to drive a motor vehicle home or walk home once your procedure is completed. We reserve the right to cancel the procedure at any time if transportation is not confirmed.**



Medications: Please stop Vitamin E, any multi-vitamins containing Vitamin E, any oil based supplements, (fish oil, castor oil), and Iron supplements **1 week prior to procedure.** DIABETICS SHOULD CHECK WITH THEIR DOCTOR REGARDING THEIR MEDICATIONS.



3 days before procedure:

1. **Begin the recommended low residue diet.** (See website for more information on low residue diets)



2 days before procedure: (Last Chance to cancel procedure without possible financial penalties)

1. **Begin the recommended clear liquids diet at 6 PM.** (See website for more information on clear liquids)
2. Drink a minimum of (8) glasses of CLEAR liquids (total of ~64oz.), throughout the day.
3. Eat your last meal between the hours of 5-6 PM.



1 Day before your procedure:

1. **Continue the recommended clear liquid diet.** (See website for details)
2. Drink a minimum of (8) glasses of CLEAR liquids (total of ~64oz.), throughout the day to prevent dehydration.

PLEASE FOLLOW THESE INSTRUCTIONS AND NOT THOSE OF THE PACKAGE INSERT!



6:30-10:30 Arrival times:

FIRST DOSE- **9:00PM** (the day before procedure), combine the 1st packet of *Prepopik*™ with 5oz. of cold water, stir for 2-3 minutes until all powder is dissolved, and drink entire glass. Drink (5) more 8oz. glasses of water over the next 5 hours.

SECOND DOSE- **3:00AM** (the day of the procedure) combine the 2nd packet of *Prepopik*™ with 5oz. of cold water, stir for 2-3 minutes until all powder is dissolved, and drink entire glass. Drink (3) more 8oz. glasses of water over the next 1 hour.

10:45-3:30 Arrival times:

FIRST DOSE- **12:00AM** (the day of the procedure), combine the 1st packet of *Prepopik*™ with 5oz. of cold water, stir for 2-3 minutes until all powder is dissolved, and drink entire glass. Drink (5) more 8oz. glasses of water over the next 5 hours.

SECOND DOSE- **6:00AM** (the day of the procedure), combine the 2nd packet of *Prepopik*™ with 5oz. of cold water, stir for 2-3 minutes until all powder is dissolved, and drink entire glass. Drink (3) more 8oz. glasses of water over the next hour.

**** Apply Vaseline or hemorrhoid cream/wipes to any anal irritation that may occur.****

Procedure Day:

1. If your bowel movements are not clear – take 1-2 Fleet® enemas before leaving home. (Clear can be defined as yellow or water-clear).
2. Arrive at your appointed time wearing loose-fitting clothing, socks, and a short-sleeved T-shirt.
3. **NOTHING TO DRINK WITHIN 2 HOURS OF YOUR ARRIVAL TIME.**

For any questions regarding your prep or diet restrictions, please call and leave a message on the Nurse's line at: 860-447-0402 or visit our website for further details: www.coastaldigestivecare.com.