

# SPRINGFIELD ASC

1528 Bethlehem Pike, Flourtown, PA 19031

Springfieldasc.com

Procedure Date \_\_\_\_\_ Time: \_\_\_\_\_ Arrive at \_\_\_\_\_

## PREPOPIK BOWEL PREPARATION

### MATERIALS YOU WILL NEED TO PREPARE FOR YOUR PROCEDURE

- Prescription for the Prepopik Bowel Prep kit which has been provided by our office
- Obtain the Prepopik Bowel Prep kit from the Pharmacy at least one week prior to your procedure
- Clear Liquid Diet Instructions (see attached Clear Liquid Diet Sheet)  
**IMPORTANT NOTE: follow the instructions below, NOT the instructions on the Prep's packaging**
- **NO** food the day **before** your procedure. You may drink clear liquids up to THREE (3) hours prior to your procedure time. No seeds, nuts, whole grains, corn or popcorn for **3 days** before procedure.
- You must be accompanied by a responsible person to drive and/or assist you home. They **must** wait in the waiting room while your procedure is being done. We **WILL NOT** discharge you to a cab, bus or other transportation service without a responsible party being with you. You may not drive until the next day after your procedure.
- For questions about symptoms or medications or to reschedule your appointment call 215-402-0800.

### SPECIAL INSTRUCTIONS REGARDING MEDICATIONS

- Do not take Iron supplements or fish oil for one week prior to the procedure date. Multivitamins are okay.
- Stop taking \_\_\_\_\_ Blood Thinner \_\_\_\_\_ days prior to your scheduled procedure date.
- Diabetic patients: \_\_\_\_\_
- Do not take Lasix/HCTZ/Dyazide (water pills) the day of the procedure (Do take any other Blood Pressure Medication).
- Heart/Blood Pressure/Thyroid/Seizure/Nerve medications should be taken on the day of the procedure with a sip of water at least 3 hours prior to procedure.
- Asthmatic patients should bring their INHALERS with them on the day of the procedure.
- Other \_\_\_\_\_

### 3 DAYS PRIOR TO YOUR PROCEDURE AVOID WHOLE GRAINS, NUTS, CORN, POPCORN AND SEEDS

#### THE DAY BEFORE YOUR EXAM

- Do not eat any solid foods. You may only have clear liquids.
- You may go to work, but be home in time to begin your bowel preparation.  
**IMPORTANT NOTE: follow the instructions below, NOT the instructions on the Prep's packaging.**
- **7:00pm the night before your procedure, Fill** dosing cup provided with cold water up to the lower (5-ounce) line on the cup. **Pour** in the contents of ONE (1) packet, **Stir** for 2-3 minutes until dissolved. **Drink** entire contents. **Follow** with SIX (6) more 8-ounce containers of water over the next 4 hours.

#### THE DAY OF YOUR PROCEDURE

- **FIVE (5) hours before your procedure** \_\_\_\_\_ AM/PM **Fill** dosing cup provided with cold water up to the lower (5-ounce) line on the cup. **Pour** in the contents of packet TWO (2), **Stir** for 2-3 minutes until dissolved. **Drink** entire contents. **Follow** with at least SIX (6) more 8-ounce containers of water over the next 2 hours before your colonoscopy.
- You **MUST** stop drinking 3 hours before your procedure time. Nothing by mouth 3 hours prior. This includes gum and hard candy. Again nothing past your lips 3 hours before your procedure.
- Nothing by mouth beginning \_\_\_\_\_ AM/PM