

## PATIENT INSTRUCTIONS FOR PREPOPIK PREP

### THE DAY BEFORE THE PROCEDURE

You will be on a clear liquid diet all day the day prior to the procedure.

### YOU MAY NOT HAVE:

- Anything red, orange or purple in color
- No dairy

### YOU MAY HAVE:

- Chicken bouillion
- Clear fruit juices (apple, white grape)
- Lemon or lime Water Ice, Popsicles or Jell-O
- Soft Drinks
- Coffee or Tea (without cream)

**AT 12:00 NOON** mix the contents of 1 packet with 5 ounces of cold water. Drink the entire content. Follow with (5) 8 ounce glasses of clear liquids taken at your own pace within the next 5 hours.

**AT 6:00PM** Repeat with 2nd packet.

**YOU MAY CONTINUE TO HAVE AS MUCH CLEAR LIQUID AS YOU WANT UNTIL MIDNIGHT. AFTER MIDNIGHT, YOU CANNOT HAVE ANYTHING AT ALL UNTIL AFTER THE PROCEDURE THE NEXT MORNING.**

**YOU WILL BE GIVEN SEDATION AT THE TIME OF THE PROCEDURE; THEREFORE, YOU WILL NEED SOMEONE TO DRIVE YOU HOME FROM THE FACILITY.**

**YOU ARE NOT PERMITTED TO DRIVE FOR A PERIOD OF 24 HOURS AFTER THE EXAM. YOU ARE NOT PERMITTED TO USE PUBLIC TRANSPORTATION OR A TAXI SERVICE UNLESS YOU ARE ACCOMPANIED BY A RESPONSIBLE ADULT.**

**MEDICATIONS:** If you need to take medications, approved by the doctor, the morning prior to your procedure, you may do so with a very small sip of water (just enough to get the medications down.) Please notify our office if you take insulin.

### PLEASE NOTIFY OUR OFFICE IF YOU ARE TAKING:

Coumadin, Persantine, Trental, Plavix, Aspirin, Ibuprofen or any other pain or arthritis medication such as Celebrex or Bextra. **Please hold these medications for 5 days prior to your procedure. You may take Tylenol as a substitute.**