

LITTLE ROCK DIAGNOSTIC CLINIC

10001 Lile Drive, Little Rock, AR 72205

501-227-8000

Dr. Terence Angtuaco

COLONOSCOPY INSTRUCTIONS

Important things to know:

1. 5 days before the procedure **DO NOT TAKE** the following: aspirin, ibuprofen, Aleve, salsalate, Celebrex, iron or iron-containing supplements, vitamin E or vitamin E-containing supplements, Warfarin (Coumadin), Plavix or any medications that are considered blood thinners.
2. 24 hours before the procedure **DO NOT TAKE** the following: fiber supplements such as Metamucil, Konsyl, Fibersure, Benefiber, or Fibercon.
3. If you have any chronic medical conditions that require continuous medications, please ask your doctor before stopping these medications.
4. If you take necessary medications such as blood pressure medications, please take them with only a sip of water first thing in the morning; otherwise, please wait to take all other morning medications until after your procedure.
5. **YOU MUST BRING A DRIVER WITH YOU. ALL PATIENTS WILL BE SEDATED AND IF NO ONE COMES WITH YOU TO DRIVE YOU HOME, THE PROCEDURE CANNOT BE PERFORMED AND WILL BE RESCHEDULED.**
6. Colon preparation affects everyone differently so you may want to bring an extra set of clothes and a towel with you in case of accidents, especially if traveling a long distance.

PREPARATION INSTRUCTIONS

The day before the procedure:

1. Clear liquids only, **NO SOLID FOODS.**
2. Drink at least three 8-ounce portions of clear liquids during the day. You may drink more if desired.
3. **DO NOT** eat or drink anything after midnight.
4. **DO NOT** eat or drink anything before the procedure on the day of the exam. You may go back to your normal diet after the procedure.

CLEAR LIQUID DIET

Clear liquids are any liquid that you can see through. Examples include the following:

- Water
- Tea (can add sugar or sweetener)
- Gatorade
- Soft drinks (any kind)
- Clear fruit juice
- Kool-Aid
- White grape juice
- Popsicles
- Apple Juice
- Jell-O
- Lemonade
- Bouillon cubes dissolved in water
- Black coffee (can add sugar or sweetener)

DO NOT DRINK: Milk or mild products, vegetable juices with pulp, or liquids that are colored red or purple.

You may call 501-221-5824 and the nurse will address any questions or concerns that you may have.

PATIENT INSTRUCTION SHEET

DAY-BEFORE regimen

Afternoon AND evening before the procedure



PACKET

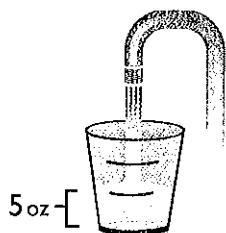
1

The afternoon of the day before your procedure

DATE / / TIME **3** PM to : PM

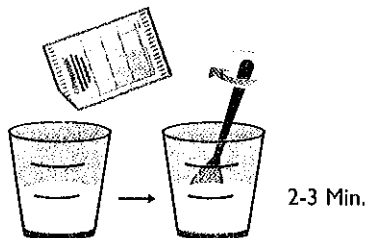
STEP ONE

Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup



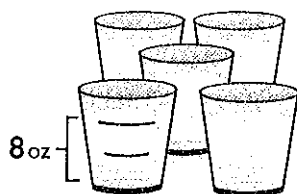
STEP TWO

- Pour in the contents of ONE (1) packet
- Stir for 2-3 minutes until dissolved
- Drink the entire contents



STEP THREE

Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace, within the next 5 hours



① ② ③ ④ ⑤

Check off a circle as you finish each drink.

Please see Important Safety Information on reverse side.
Please see accompanying full Product Information.



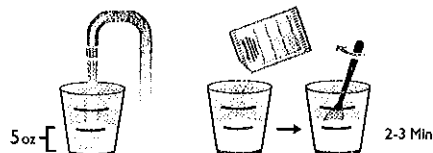
PACKET

2

The evening of the day before your procedure

DATE / / TIME **7** PM to : PM

Repeat STEPS ONE and TWO



Follow with at least
THREE (3) 8-ounce drinks of clear liquid
within 5 hours, before bed



① ② ③

Check off a circle as you finish each drink.

Your colonoscopy is scheduled for

DATE / / TIME : PM AM



PrepopikTM
(sodium picosulfate, magnesium oxide, and
anhydrous citric acid) for oral solution
10 mg/3.5 g/12 g per packet

Indication

Prepopik is a prescription medicine used by adults to clean the colon before a colonoscopy. Prepopik cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

Additional information on reverse side. ►