

## DIGESTIVE DISEASE AND NUTRITION CENTER OF WESTCHESTER, LLP.

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### PREPOPIK BOWEL PREPARATION FOR COLONOSCOPY

Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

#### YOUR PROCEDURE WILL BE AT:

White Plains Hospital Center  
Davis Avenue @ East Post Road  
Report to Endoscopy 3<sup>rd</sup> Floor  
Ph: 914-681-0600

#### PREPARATION

If you are taking Plavix, Aspirin, Coumadin, Eliquis, Pradaxa or Aggrenox because of a history of coronary stents, carotid stents, etc., proper dosing and timing before, during and after your procedure is essential. Be sure to discuss this with your physician.

- **SEVEN** days before the examination, discontinue Aspirin, Iron, Pepto-Bismol and supplements containing Garlic, Ginseng, Ginkgo Biloba, Saw Palmetto, Fish Oil, or Vitamin E.
- **THREE** days before the examination, eliminate intake of fruits, vegetables, nuts, berries, etc., discontinue taking non-steroidal anti-inflammatory ( NSAIDS- Motrin, Advil, Aleve, etc). Tylenol is permitted.

#### THE DAY BEFORE THE PROCEDURE

The day's diet will consist of 2 quarts or more of CLEAR LIQUIDS. This includes water, soda, clear broth (fat free chicken or beef), Gatorade, Kool Aid, Jell-o, Popsicles, coffee or tea without milk or cream, clear fruit juice (apple, white grape, white cranberry and hard candies). **NO RED JELL-O or RED LIQUID.**

- At \_\_\_\_\_ **PM**, the evening before the procedure, put one package of Prepopik into container with 5oz water. Finish the entire container. You must drink 5 more 8oz glasses of water.
- At \_\_\_\_\_ **PM/** \_\_\_\_\_ **AM(morning of procedure)** repeat same steps with second package of Prepopik.

Please Note:

Colonoscopy preparations cause the body to lose a significant amount of fluids and can result in sickness due to dehydration. It is important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the preparation. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

❖ **DO NOT EAT OR DRINK** anything AFTER MIDNIGHT(except prep).

### **MORNING OF THE EXAMINATION**

You should take your regular medications (blood pressure, heart medicines, etc.) with less than 2 oz of water on the morning of your procedure.

In order for this procedure to be performed, **you must have a ride home**. You will not be discharged from the Endoscopy center unless accompanied by an adult who will either drive you home or accompany you home in a taxi or public transportation.

### **ABOUT THE PROCEDURE**

Colonoscopy is a procedure for examining the inner lining of the large intestine. Abnormalities may be discovered and tissue samples (biopsies) may be obtained. Polyps can be removed and be examined under the microscope.

The instrument used is flexible and had a video system within it. The tube is passed into the rectum and air is introduced to allow for better viewing. This may cause mild cramping or fullness. Sedation is given intravenously in order to make you comfortable. Any known drug allergies or bad reactions to medication should be reported prior to the procedure.

After the procedure, you will be brought to the recovery room. You will remain there for 30-60 minutes, but may vary according to your collection. Detailed discharge instructions will be furnished prior to your discharge.

### **RISKS**

No procedure can guarantee 100% accuracy and all involve risk. The decision to proceed with a procedure is made after weighing the potential risks and benefits. Serious complications are rare and include, but are not limited to, perforation of the colon, bleeding, infection, reaction to medications and the need for surgery or transfusion due to one of the above complications. These complications and occurrences are rare.

### **HELPFUL HINTS:**

If there are any taste considerations or aversions, we suggest refrigerating the prep as recommended, dinking it through a straw, and sucking on cough drops (Halls-menthol/eucalyptus) 15 minutes before consuming prep.

