

HACKENSACK GASTROENTEROLOGY ASSOCIATES, P.A.

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PREPOPIK INSTRUCTIONS

PLEASE READ INSTRUCTIONS CAREFULLY

****YOU MUST MAKE TRANSPORTATION ARRANGEMENTS****

(You will not be able to drive yourself & must have someone accompany you home)

If you are taking aspirin, blood thinners or anti-inflammatories, **YOU MUST INFORM THE PHYSICIAN ONE WEEK PRIOR TO PROCEDURE. CONTINUE ALL OTHER PRESCRIBED MEDICATIONS** up to the examination date, **INCLUDING BLOOD PRESSURE MEDICATIONS.** Please notify us if you have undergone heart valve surgery or any other recent prosthetic surgery.

Please refrain from eating salads and leafy greens 3 days prior to procedure. The day before the exam you will be on CLEAR LIQUIDS ONLY, NO SOLID FOODS OR MILK PRODUCTS. NOTHING RED OR PURPLE. Remain close to bathroom facilities.

PATIENT INSTRUCTIONS:

Prepopik Bowel Prep Kit is taken as a split dose regimen. You **MUST** complete the entire prep to ensure the most effective cleansing.

Beginning at: _____

Mix one packet of Prepopik with 5 ounces of water in provided cup. Stir at least 3 minutes. Drink entire contents followed by five 8-ounce containers of water over the next hour.

Beginning at: _____

Repeat the above steps with second dose of Prepopik followed by three 8-ounce containers of water within an hour.

On the day of your procedure you may have **ONLY CLEAR LIQUIDS** up to 4 hours before the test. **STOP ALL LIQUIDS 4 HOURS BEFORE PROCEDURE TIME.**

PLEASE BRING YOUR INSURANCE CARD, ID (DRIVER'S LICENSE) AND A LIST OF ALL OF YOUR MEDICATIONS, COMPLETE WITH DOSAGE AND INSTRUCTIONS TO YOUR APPOINTMENT.

If you have any questions, please call the office at 201-489-7772

Report to one of the following addresses:

Hackensack University Medical Plaza
20 Prospect Ave, Suite 813
Hackensack, NJ 07601

The Excelsior II
170 Prospect Ave, 2nd Fl, Ste 10
Hackensack, NJ 07601

Paramus Endoscopy Center
80 Eisenhower Drive
Paramus, NJ 07652

DATE: _____ TIME: _____

NO SOLID FOOD THE ENTIRE DAY BEFORE THE COLONOSCOPY,
CLEAR LIQUID ONLY.

UPON WAKING THE DAY BEFORE THE PROCEDURE, DRINK AT LEAST
5 OUNCES OF LIQUID EACH HOUR LEADING UP TO THE START OF
THE PREP

In general, you can have

Apple juice,
white cranberry or white grape juice
Chicken or Beef broth (no chunks in it),
Jello (not Red)
tea (no milk)
coffee (black)
water
Gatorade(not Red)
ginger ale
Sprite
7-Up
popsicles (not with fruit pieces in it or Red)
Clear protein drinks

**STOP ALL LIQUIDS 4 HOURS BEFORE YOUR
PROCEDURE**

Instructions Following Colonoscopy

You have just had a colonoscopy. This is information about what to expect over the next week. Please call our office if you have severe or persistent abdominal pain, fever, or a bloody bowel movement. A doctor associated with our office will speak with you and decide on a course of action. If biopsies were taken from your colon or a polyp was removed, we usually request that you call your own doctor in about 10 days to obtain the results.

Bleeding: Bleeding may occur immediately after taking a biopsy or after removal of a polyp. You will have been informed if there was any bleeding at the time of the procedure. Although rare, the risk of bleeding may still be present up to 10 days after polypectomy, when the scab from the cauterized area falls off. A small amount of blood on the stool is not uncommon after colonoscopy, but the passage of an entirely bloody bowel movement should be immediately reported.

Pain: Sharp or persistent abdominal pain is uncommon after colonoscopy. If it occurs, please call our office. Many patients experience discomfort due to the air pumped into the colon during the procedure, but this usually subsides within a few hours.

The sedative medication injected into your arm vein may cause local swelling and discomfort, beginning 1 to 7 days later and last for several weeks. This occurs in about 1/100 patients and, although annoying, it is rarely serious. Please contact our office if you experience any swelling or pain that persists following your procedure.

Food: Your bowel preparation has emptied your intestinal tract. We suggest avoidance of any heavy meals today. If your stomach does not feel right, the next meal should be light-such as eggs, cereal and toast. *Do not* drink alcohol for 8 hours. Regular food may be started tomorrow.

Activities: The sedation you received will make you less alert than normal. Do not make any major decisions today. You may resume normal activities tomorrow. Do not drive a car until tomorrow.

Medications: You may resume all medications immediately after colonoscopy, but if a polyp was removed, your doctor will instruct you when to restart blood thinners.

Next Bowel Movement: Since your colon is completely clean, do not expect any bowel activity for 2 to 3 days.