



Gastroenterology, Hepatology, and Endoscopy

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Preparation for Colonoscopy with Prepopik**

You are scheduled for a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_. You must arrive by \_\_\_\_\_.

If you are scheduled for a procedure at Surgery Center of Aventura, the surgical center will call you to confirm the time of procedure.

**Purchase at the pharmacy:** Prepopik (prescription required)

**Starting one week prior to the procedure:** Do not take iron pills. It is best to avoid medications that can cause bleeding. These include Aspirin, Ecotrin, and Alka-Seltzer. It is also best to avoid any anti-inflammatory drugs including Ibuprofen, Motrin, Advil, Aleve, Empirin, Bufferin, Medipren, Nuprin, Naproxen, Sulindac, Clinoril, Piroxican, Feldene, Indomethacin, Indocin, Diclofenac, Voltaren, and Celebrex.

Tylenol and other brands of acetaminophen are safe to use prior to the procedure.

**Please discuss prescribed anticoagulants** such as Coumadin, Plavix, Xarelto, Brilinta, Eliquis or even aspirin if it was part of a prescribed regimen, with your internist, neurologist or cardiologist, before stopping these medications

**Starting one day prior to the procedure:**

1. Consume only clear liquids on \_\_\_\_\_, one day before your procedure.  
A clear liquid diet means **no solid food**. Acceptable clear liquids include the following:  
Clear bouillon, broth or consommé, Gatorade (**no red coloring**) Kool-Aid (**no red coloring**), Crystal light carbonated beverages, tea, coffee, and decaffeinated tea or coffee. Do not put any milk or cream in you tea or coffee. Juices including clear cranberry juice, white grape juice, and apple juice (no cider), strained lemonade, limeade, orange drink or any juices that you can see through and have no pulp. Ice, Italian ices, popsicles, and Jello (**no red**) are also acceptable.
2. **First regimen (4:00 pm)** To make the laxative, first place 5oz of cold water in the cup provided. Pour in the contents of one packet and stir for two to three minutes until dissolved. Drink the entire content. Follow with at least five (5) 8-ounce drinks of clear liquid taken at your own pace over the next 4 hours.
3. **Second regimen (9:00 pm)** To make the laxative, first place 5oz of cold water in the cup provided. Pour in the contents of one packet and stir for two to three minutes until dissolved. Drink the entire content. Follow with at least three (3) 8-ounce drinks of clear liquid taken at your own pace over the next 4 hours
4. You may continue consuming clear liquids until bedtime. To help prevent dehydration, it is **very important** to drink plenty of clear liquids before, during, and after the colon-prep process.
5. No more clear liquids after midnight.

**On the day of the procedure:**

1. Do not eat or drink anything the day of the procedure, except for medicines approved by your doctor.
2. Take approved medicines with a sip of water only.
3. Please call our office at **(305)-674-5925** if you have any questions.
4. **NO DRIVING:** You cannot drive after the procedure or use a bus or taxi alone. You must be accompanied by an adult. If this procedure is not followed, the hospital or endoscopy center may cancel your appointment.
5. You will not be able to work on the day of the procedure.

Patient's Responsibility : \_\_\_\_\_

The location of your procedure is:

**Mt. Sinai Medical Center**  
Gumenick Building  
(Register on the 1<sup>st</sup> Floor)  
4300 Alton Rd  
Miami Beach, FL 33140  
Phone: (305) 674-2498

**Aventura Hospital**  
(Register on the 1<sup>st</sup> Floor)  
20900 Biscayne Blvd  
Aventura, FL 33180  
Phone: (305) 682-7000

**Surgery Center of Aventura**  
20601 East Dixie Highway  
Suite 400  
Aventura, FL 33180  
Phone: (305) 792-0323