



PREPOPIK HMC/ASC

Reminders:

Review bowel prep instructions 1 week prior to procedure to avoid last minute confusions.
NO NUTS, SEEDS, CORN, AND WHOLE GRAINS 1 WEEK PRIOR TO PROCEDURE.

Two Day - Bowel Prep instructions:

A. 24 hours before procedure (eg. If appt is at 9am on Monday, start at 9am on Sunday)

1. Go on Clear Liquid Diet (eg: jello, clear broth, popsicles, tea, strained juices including apple and white grape.)
2. Avoid -Solids, milk or milk products including soy, and **red, blue, or purple liquids**.

B. Evening of the day BEFORE procedure (First dose at 5pm)

1. Pour contents of one packet into the cup and add cold water up to the lower (5-ounce) line on the cup. Stir for 2-3 minutes until dissolved and drink the entire solution.
2. Follow with 6 more 8-ounce containers of water over the next 2 to 4 hours as tolerated.

C. Midnight Before th Procedure (12am)

1. Have nothing to eat or drink until after the procedure. This includes water, (only exception is the 2nd dose of your bowel prep the morning of the procedure)

D. Morning of the Procedure (8 hours before the procedure)- eg. if procedure is scheduled at 2pm, take the second dose at 7am.

1. Pour contents of one packet into the cup and add cold water up to the lower (5-ounce) line on the cup. Stir for 2-3 minutes until dissolved and drink the entire solution.
2. Follow with 3 more 8-ounce containers of water over the next 2 hours as tolerated.

****Stop drinking all fluids 6 hours prior to scheduled procedure****

Important Considerations

If you're taking Aleve, Ibuprofen, Motrin, iron supplements, fish oil, Celebrex, Naprosyn or Vitamin E, stop taking them 7 days prior to procedure. You may use Tylenol. If you're taking Coumadin, Aspirin, Ticlid, plavix, Eliquis, Proxal, Xarelto, or Brilinta, Please ask your prescribing doctor for instructions regarding stopping these medications.

If your diabetic (to avoid dangerously low blood sugars) and taking insulin, please inform your physician/prescriber regarding proper adjustment of insulin.

If your taking oral diabetic medications, follow our instructions or the prescriber's instructions

If your unsure about taking any medications, please call our office.

Do not stop blood pressure or heart medications unless told by us or the prescriber.

If your a smoker, it is advised not to smoke at least 6 hours prior to the procedure.

***NOTE: Failure to take the Bowel Preparation as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.**