

PREPOPIK

Begin clear liquid diet – 1-2 days before the exam

Do Not take Prepopik if your healthcare provider has told you that you have serious kidney problems.

The night before the procedure

Step ONE: Fill the dosing cup (provided) with cold water up to the lower (5-ounce) line on the cup. Pour in the contents of ONE (1) packet and stir for 2-3 minutes until dissolved. DRINK the entire contents

Step Two: Drink five (5) 8-ounce drinks of clear liquid, taken at your own pace within the next five (5) hours, before bed

The morning of the procedure

Step One: Fill the dosing cup (provided) with cold water up to the lower (5-ounce) line on the cup. Pour in the contents of ONE (1) packet and stir for 2-3 minutes until dissolved. DRINK the entire contents

Step Three: Follow with at least THREE (3) 8-ounce drinks of clear liquid within five (5) hours before the colonoscopy.

CLEAR LIQUID DIET

The following foods are allowed in a clear liquid diet:

- Plain water
- Fruit juices without pulp, such as apple juice, white grape juice or white cranberry juice
- Strained lemonade
- Clear, fat-free broth (bouillon or consommé)
- Clear sodas
- Jell-O – Green, yellow or orange
- Honey
- Ice pops without bits of fruit or fruit pulp

- Tea or coffee without milk or cream

Any foods not on the above list should be avoided. Also, for certain tests, such as colon exams, your doctor may ask you to avoid liquids or gelatin with red or purple coloring.

A typical menu on the clear liquid diet may look like this.

Breakfast:	Lunch:	Dinner:
1 glass fruit juice	1 glass juice or water	1 glass fruit juice
1 glass water	1 cup broth	1 cup coffee or tea (without milk)
1 cup broth	1 bowl Jell-O	1 cup broth
1 bowl Jell-O	1 cup coffee or tea (without milk)	1 bowl Jell-O

If you are told to do a 2 day prep – Begin clear liquid diet two days before the exam. Otherwise, begin clear liquids the day before the exam beginning at breakfast.

You are also given a prescription for Phenergan. Take this if the bowel preparation makes you nauseous.

AFTER SEDATION WITH ANY PROCEDURE

No Driving or operating Heavy Machinery for 24 hours.

Do Not Make any Legal Decisions or sign any legal documents for 24 hours

You will not be able to return to work until the morning after your procedure.

If you experience any of the following symptoms, please contact the office immediately at (606) 677-2913. If the office is closed, contact, contact the Hospital operator at Lake Cumberland Regional Hospital and they will page our physician on call (606) 679-7441

- ABDOMINAL PAIN
- VOMITING
- FEVER
- BLOOD PER RECTUM
- CHEST PAIN

All Biopsy results will be available in 7-14 days after the procedure and will be discussed at your follow up appointment in our office, unless your physician instructs you otherwise.