

Prepopik Bowel Prep Instructions
PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

- If you have any questions about these instructions, please contact our office at 520-722-0744
- You are scheduled for a colonoscopy with **Dr. ARENAS** at the following facility:
- Mesquite Surgery Center, 7445 E Tanque Verde Rd Tucson, AZ 85715 phone: 520-722-0929
- **Appointment Date:** _____ **Appointment Time:** _____ **Please arrive 30 minutes prior; at:** _____

Please be advised that these instructions may be different from the package instructions.

5 DAYS BEFORE YOUR EXAM

- **You Must Stop Taking The Following Medications:** (If cleared by your Primary Care Physician or Cardiologist). Aspirin, NSAIDS (Advil, Ibuprofen, Celebrex, Naproxen, Meloxicam, Diclofenac, Aleve), Coumadin, Heparin, Pradaxa, Plavix or other blood thinners. If you must continue please let us know.
- **STOP** any Bulking Agents and vitamin supplements; Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, Fish oil, and Iron supplements.
- Tylenol is acceptable to take during this time.

2 DAYS BEFORE YOUR EXAM

- Stop your oral diabetic medications 2 days prior to your exam. You may resume these medications after your exam.
- Start a low fiber diet. (No whole grain, raw vegetables, fruit, nuts, popcorn or seeds of any kind, etc)
- **Take one 10-ounce bottle of magnesium citrate** around 4:00pm. (This is available over the counter at your pharmacy)
- Individual responses to laxatives vary. Stay close to a toilet, as multiple bowel movements may occur with this laxative.

THE DAY BEFORE YOUR EXAM

- **CLEAR LIQUID DIET ALL DAY (anything you can hold up to the light and see through)**
- Which includes; **Beverages:** Any soft drinks, Gatorade, Kool-Aid, fruit juices NO pulp (apple, white grape, lemonade, etc.), water, tea, coffee. **Soups**-Low sodium chicken, beef or vegetable bouillon or broth. **Other:** Hard candies, Jell-O (no fruit or toppings), Popsicles (no sherbets, ice cream or fruit bars).
- **NO DAIRY PRODUCTS, OR ANYTHING THAT IS RED OR PURPLE IN COLOR**
- **Breakfast, lunch and Dinner – LIQUID DIET ONLY**, drink all the clear liquids you want. **NO SOLID FOOD!**
- Take any heart, blood pressure, seizure or other necessary medications as usual.
- **DO NOT** take any oral diabetic medications the day before or the morning of your exam.
- **Insulin dependent diabetics** should take ½ the usual dose of Insulin the day before your exam and ½ the usual dose on the day of your exam. Continue to monitor blood sugar as usual.

The Afternoon/Evening before your Exam: by 4PM start your laxative Prep:

- **Step 1:** Fill the dosing cup provided with cold water to the lower (5-ounce) line.
- **Step 2:** Pour in the contents of one (1) packet, Stir for 3-5 minutes until dissolved, Drink the entire cup.
- **Step 3:** Follow with at least Five (5) 8-ounce cups of any clear liquids; drink at your own pace; but within 5 hours.
- Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur.
- **Continue your clear liquid diet, drink as much of the clear liquids as you like until bed time. NO SOLID FOOD!**

The Morning of your Exam:

- **AT _____ (at least 5 HOURS PRIOR to your procedure)**
- **Step 1:** Fill the dosing cup provided with cold water to the lower (5-ounce) line on the cup.
- **Step 2:** Pour in the contents of ONE (1) packet, Stir for 2-3 minutes until dissolved, Drink the entire cup.
- **Step 3:** Follow with THREE (3) 8-ounce drinks of clear liquids within the next hour.
- Take any heart, blood pressure, seizure or other necessary medications as usual. (with water is ok)
- After completing your morning dose of laxative you may continue to drink water until 3 hours before your exam.
- **Stop drinking any liquids 4 hours before your exam.**
- **Nothing else to eat or drink until after procedure.**
- Please wear sensible shoes (no heels) and comfortable clothing, bring a pair of warm socks.
- Please bring a list of your medications with you.
- **SOMEONE MUST DRIVE YOU HOME AFTER YOUR EXAM.** You may not drive for the remainder of the day
- Please come prepared to pay your outpatient co-pay. Check with your insurance for your required amount.

Dr. Miguel Arenas, 7445 E Tanque Verde RD. Tucson, AZ 85715

520-722-0744 PH, 520-722-0745 Fax

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