

# PREPOPIK

VALLEYCARE GASTROENTEROLOGY MEDICAL GROUP, INC.

Phillip Wolfe, MD

You are scheduled to have a colonoscopy on: \_\_\_\_\_

Located at: Hacienda Surgery Center You must arrive at \_\_\_\_\_ A.M.  
4626 Willow Rd, Suite 100, Pleasanton, CA 925-734-6744

## THE DAY BEFORE YOUR COLONOSCOPY ~

### Please follow the instructions below from our office to prepare you for your procedure:

1. Start your clear liquid diet the **whole day before** your procedure. **NO DAIRY PRODUCTS.**

*CLEAR LIQUID DIET:* Water (stay hydrated) Tea or Coffee (without creamer) Clear juices without pulp  
Fruit-flavored drinks (Kool-Aide, Crystal-Light, etc) Carbonated beverages/Soda  
Sports drinks (Gatorade, All-Sport, PowerAde, etc) Broth/Bouillion/Consomme  
Plain/flavored gelatins (Jell-O) Fruit Ices/Italian Ices Popsicles (without fruit/fiber)

*SAMPLE MENU:* Breakfast: cup of broth, fruit juice, bowl of Jell-O, coffee or tea without creamer, water  
Lunch: tea or coffee, cup of broth, cup of fruit ice, fruit juice, water  
Snack: Popsicle, soda, Jell-O, water  
Dinner: Similar to lunch or breakfast, water

2. **Prep instruction for Prepopik. Follow the instructions below:** You must FINISH the entire solution.  
REMEMBER, if your colon is not well cleaned, the examination will not be useful and will need to be repeated.

### **The night before your procedure... At 6:00 pm:**

Add cold drinking water to the 5oz line of the container, mix one packet of **Prepopik** and drink and *stir for a full 2 minutes*. Follow by **five** 8 oz. glasses of water or any clear liquid over the next 3 hours. Do not eat or drink after midnight the night before your procedure.

### **The morning of your procedure... At \_\_\_\_\_ am:**

Add cold drinking water to the 5 oz line of the container, mix one packet of **Prepopik** and drink and *stir for a full 2 minutes*. Follow by **five** 8 oz. glasses of water or any clear liquid over the next three hours.

3. You may take medications with a few sips of water up to 2 hours before procedure.
4. If you are taking Coumadin, Plavix or any other blood thinning medications please discuss this with the gastroenterologist you are seeing in our office. All other medication should be taken as directed the morning of the procedure with very little water.
5. You will be receiving intravenous sedation or anesthesia for the Colonoscopy. **YOU WILL NOT BE ABLE TO DRIVE THAT DAY.** You must arrange for a responsible adult to take you home later that day.
6. Plan to be at the Out-Patient Surgery Center a total of 2-3 hours.

If you have any questions, please do not hesitate to call our office at 925-460-8167. [www.valleycaregastro.com](http://www.valleycaregastro.com)