

CENTER FOR DIGESTIVE HEALTH

Gastroenterology Associates, P.C.

2222 53rd Avenue, Bettendorf, IA 52722 (563-383-2686)

Your Prep will be faxed
to your pharmacy

(name of Pharmacy)

William Davidson III, MD
Richard L. Weyman IV, MD
Young B. Huh, MD
Jae H. Kim, MD

Day _____

Date _____

Arrival Time _____

Procedure Time _____

Prepopik

Special Instructions:

One (1) WEEK before your exam:

- No Popcorn, flax seed, or Olestra (fat substitute found in foods like potato chips) 1 week prior to your procedure.
- NO IRON within 3 days to your procedure. Example: no Multi-vitamin or iron supplement.
- If you tend to be constipated, take two tablespoons of Milk of Magnesia two days prior to your procedure.

One (1) DAY before your exam:

- **No solid foods are allowed!** You may have only clear liquids.

Drink 8 oz. of liquid every 1 to 2 hours when on the clear liquid diet while awake. This will help maintain hydration. If you have **heart failure, cirrhosis, or renal failure**, drink only 4 oz. of liquid every 2 hours when awake while on the clear liquid diet the day before the procedure.

CLEAR LIQUIDS INCLUDE: Apple Juice, Tang, HI-C Fruit Juice, Coffee, Broth or Bouillon, Plain Jell-O (no fruit or sugar free), Gatorade, Popsicles, Pop (diet or regular), Water, and Tea. **DO NOT HAVE ANYTHING RED OR PURPLE. YOU MAY NOT HAVE:** Milk or Milk Products, Orange juice with Pulp, Tomato Juice, Prune Juice, and Alcohol.

Prep Instructions:

You must complete all the steps below:

5:00 PM - Step 1

Pour (1) one package of Prepopik into the mixing container and add cool drinking water to the 5 oz. line on the container and mix 2-3 minutes. Drink all of the liquid in the container. Then, you must drink 5 additional 8 oz. glasses of water over the next 5 hours.

PLEASE CALL IF YOU HAVE QUESTIONS, CONCERNS OR PROBLEMS WITH THE
PREPARATION OR INSTRUCTIONS (563)383-2686

TURN PAGE OVER FOR INSTRUCTIONS THE DAY OF YOUR EXAM

Day of your procedure:

- Your medications, other than those that have been specifically held by your doctor, can be taken in the morning with a small sip of water.
- Please use the Center for Digestive Health Entrance and Registration Desk on arrival.
- You must be accompanied by a driver who remains during the procedure.
- Do not eat or drink anything **after 12:01 AM** the day OF your procedure except for what is approved in the following instructions.

Step 2:

Seven (7) hours prior to your exam _____ **Date/Time:**

Repeat Step 1. Pour (1) one package of Prepopik into the mixing container and add cool drinking water to the 5 oz. line on the container and mix 2-3 minutes. Drink all of the liquid in the container. Then, you must drink 3 additional 8 oz. glasses of water over the next hour.

In addition, if you are having an afternoon procedure:

A **clear liquid** breakfast is **REQUIRED** by _____ on _____ then nothing by mouth. Remember, it is important you do not eat or drink anything at least **six hours prior** to your procedure otherwise it will need to be rescheduled.

Common questions:

- Bowel movements often occur about one hour after the first glass. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass of water.
- A feeling of bloating or nausea may occur due to the large volume of liquid; this is usually temporary and will disappear once bowel movements begin.
- A small amount of Vaseline applied to the rectal area may help relieve any discomfort.
- For morning procedure, on the day of the procedure if you are thirsty, drink only a few ounces of water **up to six hours prior** to your procedure time.
- Color of the stool should be yellow or clear liquid (Mountain Dew color is common.)

YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR DIGESTIVE HEALTH DURING YOUR PROCEDURE.