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BOWEL PREPARATION INSTRUCTIONS FOR MORNING SCOPES (PREPOPIK)-DR CRIST
YOU HAVE BEEN SCHEDULED FOR A DIAGNOSTIC PROCEDURE CALLED **COLONOSCOPY** TO BE PERFORMED ON

_____ AT _____ ARRIVAL TIME _____

REPORT TO _____ PARKWEST HOSP (MAIN ENTRANCE) _____ FT. LOUDOUN HOSP (ER/REG DESK)
**** LATE ARRIVAL MAY RESULT IN UP TO A 2-HOUR DELAY IN YOUR PROCEDURE ****

**** DAY BEFORE ****

- BEGINNING ON _____ YOU WILL STAY ON A CLEAR LIQUID DIET ALL DAY.
- AT 2:00 P.M.: FILL THE DOSING CUP PROVIDED WITH COLD WATER UP TO THE LOWER (5 OZ) LINE ON THE CUP. **POUR** IN THE CONTENTS OF 1 PACKET, **STIR** FOR 2-3 MINUTES UNTIL DISSOLVED. **DRINK** THE ENTIRE CONTENTS. FOLLOW WITH **FIVE** 8 OZ CLEAR LIQUIDS WITHIN THE NEXT 5 HOURS.
- AT 7:00 P.M.: FILL THE DOSING CUP PROVIDED WITH COLD WATER UP TO THE LOWER (5 OZ) LINE ON THE CUP. **POUR** IN THE CONTENTS OF 1 PACKET, **STIR** FOR 2-3 MINUTES UNTIL DISSOLVED. **DRINK** THE ENTIRE CONTENTS. FOLLOW WITH **THREE** 8 OZ CLEAR LIQUIDS WITHIN THE NEXT 5 HOURS, BEFORE BED.
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**

DO NOT EAT OR DRINK ANYTHING ON THE MORNING OF YOUR EXAMINATION.

- IF YOU HAVE SPECIFIC MEDICAL PROBLEMS SUCH AS HIGH BLOOD PRESSURE OR ANGINA, YOU MAY TAKE YOUR MORNING MEDICATION WITH A SMALL SIP OF WATER EARLY ON THE DAY OF YOUR TEST. IF YOU TAKE INSULIN FOR DIABETES, TAKE ½ YOUR USUAL DOSE THE EVENING BEFORE AND HOLD YOUR MORNING DOSE THE DAY OF YOUR PROCEDURE.
- DO NOT TAKE IRON OR FIBER SUPPLEMENTS, HERBAL SUPPLEMENTS, FISH OIL OR FLAXSEED OIL FOR 1 WEEK PRIOR.
- STOP BLOOD THINNERS FOR THE FOLLOWING AMOUNT OF TIME: COUMADIN-4 DAYS, EFFIENT-4 DAYS, PLAVIX-4 DAYS, PRADAXA-2 DAYS AND XARELTO-2 DAYS.
- AVOID TAKING PRODUCTS CONTAINING ASPIRIN FOR 1-WEEK PRIOR, AND IBUPROFEN OR NAPROXEN FOR 2 DAYS PRIOR TO YOUR PROCEDURE.

BRING SOMEONE ALONG WITH YOU TO DRIVE YOU HOME.

- YOU WILL BE SEDATED FOR THE EXAMINATION. WHILE MOST OF THE EFFECTS OF THE MEDICINE WILL WEAR OFF PRIOR TO YOUR DISCHARGE, WE CANNOT LET YOU LEAVE UNACCOMPANIED. YOU WILL NOT BE ABLE TO DRIVE A CAR THE REMAINDER OF THE DAY.

****IN ORDER TO BETTER MEET THE NEEDS OF OUR PATIENTS, WE RESPECTFULLY ASK THAT YOU GIVE US AT LEAST 72 HOURS NOTICE IF YOU NEED TO RESCHEDULE YOUR PROCEDURE. GIVEN THIS CONSIDERATION WE MAY MORE PROMPTLY MEET OUR PATIENTS NEEDS. ****

IF YOU HAVE ANY QUESTIONS OR HAVE AN EMERGENCY ON THE DAY OF YOUR EXAM, PLEASE CALL OUR OFFICE AT (865)-539-5372 EXT 233

*** PLEASE BRING I.D., INS. CARDS AND LIST OF CURRENT MEDICATIONS WITH YOU ***