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**PREPARATION FOR COLONOSCOPY  
USING PREPOPIK BOWEL PREP KIT**

**Important Information:**

**Please read before beginning preparation  
An Important Exam Requires Careful Preparation**

Your doctor has decided that a colonoscopy is necessary to better evaluate your colon, or large intestine. An important examination such as this requires careful preparation. The results obtained from this exam are dependent on your lower bowel (colon) being carefully cleansed and empty. An improperly prepared bowel may mean that the exam will have to be repeated at another time. More importantly, fecal matter (stool) left in the intestinal tract can hide important conditions that may be present. Therefore, it is very important that you follow these instructions as carefully as possible.

There is no perfect way to empty the colon. We have tried a variety of preparations over the years. It seems that this lavage prep is well tolerated and works well if the instructions are carefully followed. It is more expensive than the other laxative kits.

A couple of hints...To fully evacuate the colon, this preparation will cause you to have many liquid bowel movements. Note that individual responses to laxatives vary widely. Plan to remain within easy reach of toilet facilities. Many patients find that Charmin Plus toilet tissue minimizes the expected anal irritation from wiping. Also applying a small amount of hydrocortisone cream, such as Cort-Aid, around the anal area after each bowel movement can lessen the irritation.

No laxative preparation is fun. However, this solution has been developed to make your preparation as simple, effective, and painless as possible. Please follow each instruction exactly as given. **These instructions use a split-dose regimen which has been shown to clean out the colon better than other methods. This means you will awaken early on the morning of your exam to complete your laxative preparation.** Be sure to drink ALL the solution. If the test is worth doing, it deserves the best possible preparation.

You should stop taking any iron preparations five days prior to the exam. If you are taking Coumadin or Insulin call for special instructions before you begin your preparation. Please avoid Metamucil and any foods with small seeds such as sesame seeds, kiwi, and cucumbers for a few days prior to your exam.

Go to the drug store and use the attached prescription to purchase your prep solution. Purchase the preparation kit a few days before the day of preparation and read the instructions carefully before you begin. On the day of your exam, wear comfortable easily removable clothing and leave jewelry and other valuables at home.

If you have any questions please call our office at 412-749-7160.

**Please avoid Metamucil and any foods with skins (like tomatoes), seeds, corn or nuts for a few days prior to your exam.**

**Prepopik Instructions**

Follow the steps for the prep as listed below. If you have congestive heart failure, had cardiac surgery within the past 3 months, have impaired kidney function, or are taking medications such as Coumadin, Insulin, aspirin or aspirin-containing products, consult your physician for additional instructions before beginning this procedure.

**Also purchase one 10 count box of Miralax® – you will use 4 (four) of these packets in addition to the Prepopik Bowel Prep Kit.**

**Two Days Before the Examination:**

Take an ounce of Milk of Magnesia at bedtime so that you are not terribly constipated when you begin drinking the prep solution. **Please avoid Metamucil and any foods with skins (like tomatoes), seeds, corn or nuts for a few days prior to your exam.**

### **One Day Before the Examination:**

Have a light breakfast. You may take all of your normal prescription medications, except those mentioned on the front page of this pamphlet. Be sure to drink lots of fluids all day, even before beginning to take the Prepopik solution.

Have a clear liquid lunch and dinner. No solids. No milk or cream products are allowed. Until four hours prior to your appointment time you may have as much clear broth, bouillon, tea, black coffee (sweetener may be used), strained or clear fruit juices, flavored jello, clear hard candy, or popsicles as you like. Please avoid red, blue or purple colored jello or popsicles.

**\*\*GATORADE IS THE PREFERRED CLEAR LIQUID AND WILL HELP PREVENT YOU FROM GETTING DEHYDRATED\*\***

### **Approximately 6:00PM:**

Mix one pouch of Miralax® in 8 ounces of water or any clear liquid and drink it. Repeat with a second pouch of Miralax®. Fill the dosing cup provided in the Prepopik kit to the lower (5 ounce) line. Pour in the contents of one packet and stir for 3 minutes until dissolved. Drink the entire amount. Drink five (5) 8-ounce glasses of clear liquids over the next five (5) hours. Mix one pouch of Miralax® in 8 ounces of water or any clear liquid and drink it. You may drink additional clear liquids, especially Gatorade until bedtime. Individual responses to laxatives vary. This prep often works within 30 minutes but may take as long as 3 hours. Remain close to toilet facilities, as multiple bowel movements should occur.

If severe abdominal discomfort or distention occurs, stop drinking temporarily, or drink each portion at longer intervals until these symptoms disappear. If you develop vomiting during the prep, temporarily stop for one hour and then resume drinking clear fluids. If vomiting persists, stop the prep and call our office for instructions.

If you need to, you may begin the preparation later than recommended – this just means that it will be later in the night before the evacuation is completed.

**BE SURE THAT YOU DO NOT DRINK ALL OF THE SOLUTION THE EVENING BEFORE YOUR TEST. THIS ‘SPLIT-DOSE REGIMEN’ IS SAFER FOR YOU AND MORE EFFECTIVE, ALLOWING FOR A MORE THOROUGH EXAM.**

Although there is some variation from individual to individual, you will have finished evacuating most of the solution by 11:00pm and be ready for bed. If you have not had a bowel movement by 11:00pm, please call the answering service at 412-749-7160 (our office number answers 24hrs. a day) and have Dr. Roseman paged.

### **Morning of the Examination:**

**Set your alarm to wake up six (6) hours before your colonoscopy is scheduled.**

6:00 AM (or 4 hours before you leave for your exam) – Mix the second packet of Prepopik with 5 ounces of water as before and drink it. Drink at least three (3) 8-ounce drinks of clear liquids within the next 3-5 hours prior to your colonoscopy. Follow this with drinking two (2) additional pouches of Miralax® mixed with water or any clear liquid. Be sure to complete the solution in plenty of time to allow for the prep to complete working before you leave to keep your appointment.

**Remember - no solid food. You may have small amounts of clear liquids or chew gum up to two hours prior to your appointment,** and then you should remain fasting. You may take all of your regular medications unless otherwise directed. No insulin. No Coumadin unless your doctor told you otherwise. Since sedation is utilized, **YOU MUST BRING A COMPANION WITH YOU TO DRIVE YOU DIRECTLY HOME AFTER THE TEST.** You will not be able to drive a car, operate any machinery, go to work or eat out at a restaurant until the following day.

**\*\*IF YOU ARE UNABLE TO COMPLETE THIS PREP OR AT THE END OF THE PREP YOU ARE NOT PASSING CLEAR OR PALE YELLOW LIQUID, PLEASE CALL 412-749-7160. IF IT IS AFTER HOURS, CHOOSE THE OPTION TO CONNECT WITH THE ANSWERING SERVICE AND HAVE DR. ROSEMAN PAGED.**