



Procedure Date: _____
Arrival Time: _____

## Prepopik Preparation Instructions for COLONOSCOPY

### Five days before the procedure

- No aspirin, aspirin products, fish oil, or Vitamin E supplements. Stop eating any nuts, seeds, or quinoa.
- If you are taking **Aspirin** based products, **fish oil** supplements, or extra **Vitamin E**, please contact our office for further instructions. If you are currently taking blood thinners such as **Xarelto, Eliquis, Lovenox, Coumadin or Plavix**, please let your physician know immediately, as you must stop this medication several days prior to the exam to prevent excessive bleeding. You must also clear this with your primary care physician or cardiologist.



### Two days before the procedure

- Stop your fiber supplements (Kashi bars, high fiber cereals, Metamucil, Konsyl, Benefiber, Citrucel, etc.)

### The entire DAY BEFORE the procedure


- You may have a light, low fiber breakfast before 9 a.m. in the morning. (e.g. plain yogurt, eggs, white toast – no butter) Do not eat vegetables, fruits, nuts, seeds, butter, milk, cheese, meat, or whole grain cereals.
- YOU MUST DRINK PLENTY OF CLEAR LIQUIDS THROUGHOUT THE ENTIRE DAY – it is recommended that you drink a minimum of 32 fluid ounces of clear liquids spread out over the day BEFORE you start your prep. You will be on a clear liquid diet. A clear liquid is any liquid that you can put in a glass and see straight through it. You may have Jello, bouillon, consommé, apple, white grape or cranberry juice, Gatorade, black coffee, tea, cola, or water. Avoid red colored liquids. Anything that melts into a clear liquid (sorbet, Italian ice, ice, lifesavers) is allowed. Milk, cream, anything with pulp, or alcoholic beverages is **NOT** allowed.
- Solid food is **NOT** allowed after breakfast.

### The evening DAY BEFORE the procedure – Packet #1 Starting at about 5 pm to 6 pm

- If you were given a prescription for anti-nausea medications, take them 30 minutes prior to starting the prep solution
- Mix the solution as directed; add Packet #1 into the dosing cup provided and add drinking water to top of the lower line (5-ounce). Stir 3 minutes to dissolve the powder completely. You may use ice to chill the solution once it is dissolved. Drink the entire 5 ounces of solution.
- Start drinking 8 ounces of any clear liquids every twenty minutes. You must drink at least FIVE glasses of 8 ounce drinks of clear liquids (total 40 ounces) more of any clear liquid you like. GLASSES TO DRINK: 
- Afterwards, you may then drink all the clear liquids you like to avoid dehydration and to clean out the colon.
- At 10 p.m. that evening, please drink TWO more glasses of 8 ounce drinks of any clear liquids (total 16 ounces) you like. GLASSES TO DRINK:  You have the *option to mix and drink Packet #2 at 10 p.m. as above or in the morning as follows:*

### MORNING OF PROCEDURE: Packet #2 Starting at 4 hours before your arrival time as listed above.

PROCEDURE ARRIVAL TIME:	6:30 am	7:30 am	8:30 am	9:30 am	10:30 am	11:30 am	12:30 pm	After 1pm
Start Packet #2 at	2:30 am	3:30 am	4:30 am	5:30 am	6:30 am	7:30 am	8:30 am	9 am

- Mix the solution as directed; add Packet #2 into the dosing cup provided and add cold drinking water to top of the lower line (5-ounce). Stir 3 minutes to dissolve the powder completely. Drink the entire 5 ounces of solution.
- Start drinking 8 ounces of any clear liquids every fifteen minutes. You must drink at least FOUR glasses of 8 ounce drinks of clear liquids (total 32 ounces) more of any clear liquid you like over the next hour. GLASSES TO DRINK: 
- PLEASE STOP DRINKING anything and do not chew gum three hours prior to your arrival.
- If your stools are not watery and transparent “see through”, perform one Fleets enema at home to complete cleansing. If your colon is dirty and filled with stool, small polyps may be covered by the stools and you may need to repeat your colonoscopy sooner than usual.
- Patients taking daily medications may take their regular morning dosages with a very small sip of water or wait until after the procedure is completed to take them.



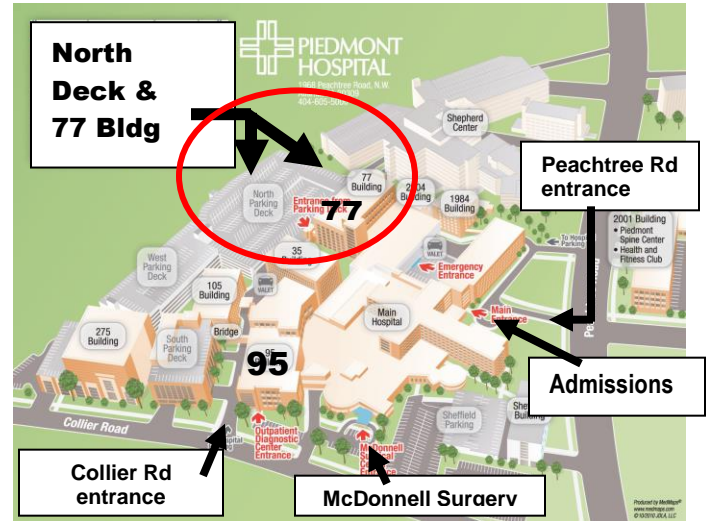
Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

## For COLONOSCOPY @ PIEDMONT HOSPITAL Park in the NORTH parking deck

Take the elevator to the bridge leading to the first floor on the main hospital level

- **COLONOSCOPY** – arrive at least 1 hour prior
- 77 Collier Road, 1<sup>st</sup> floor 77 Bldg GI LAB (404)605-3462.
- Report to the GI LAB.
- The entire length of time you will spend for colonoscopy will be approximately 2.5 hours for registration, check-in, and the procedure.
- Female patients of childbearing age (50 and under) should be prepared to give a urine specimen on arrival for pregnancy testing.



### After the procedure

- You must have someone responsible drive you home after colonoscopy & ambulatory surgery - these are hospital rules because you will be given a sedative for the procedure. Your procedure will be cancelled, rescheduled or performed without sedation if you do not have a responsible escort home.
- You should plan to rest quietly for the remainder of the day. You may resume normal activity the next morning.
- You should not drive or make legal decisions for the remainder of the day.
- Biopsy/pathology reports take about 3-4 business days to get from the laboratory. Please allow this much time before contacting our office for your results.
- If you have any questions, please contact our office prior to your exam.

### What should I bring with me?

- A list of your current medications with dosages
- Driver's license or government issued photo ID (as identification) and all insurance cards
- Eyeglasses if you wear them since you will be asked to sign legal documents
- Any forms your doctor has asked you to bring with you on the day of surgery
- Do NOT bring any valuables (money, jewelry, watch, etc.) with you. We cannot be responsible for valuables

Be sure to visit our website [www.atlcrs.com](http://www.atlcrs.com) to check our Frequently Asked Questions (FAQs) section.

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