

## INSTRUCTIONS FOR COLONOSCOPY WITH PREP-O-PIK-SPLIT – DOSE

- 1. Medication:** Please notify us if you are on the following medications: **Plavix, Aggrenox, Pletal (cilostazol), Coumadin (Warfarin), Pradaxa, Effient, Xarelto, Brilinta or Eliquis.** You will need to hold these medications **5 days prior to your procedure.** Please verify with your cardiologist or PCP whether these medications are safe to hold due to your medical condition. You should not use **Lovenox** the day of your procedure. If you are Diabetic, please consult your primary care physician regarding your medication and diet. **You may continue to take all other medications.** Please call our office with any questions you may have.
- 2. Diet:** The day before colonoscopy, consume **CLEAR LIQUIDS ONLY! DO NOT EAT ANYTHING SOLID!** Avoid dairy products and anything that is red or purple. Drink plenty of fluids all day. Examples: water, tea, clear sodas, Gatorade, clear fruit juices (no pulp), beef or chicken broth, Jell-O and popsicles. You may have coffee without cream.
- 3. PREP INSTRUCTIONS: THE NIGHT BEFORE AT 6 PM:** Fill the dosing cup provided with cold water up to the lower (5 ounce) line on the cup. Pour in the contents of ONE packet. **Stir well** for 2-3 minutes until dissolved. Drink the entire contents. Follow with five 8 ounce glasses of water within the next 1 ½ hours. **THE MORNING OF 5 ½ HOURS PRIOR TO PROCEDURE TIME:** Follow the same steps as you did the first dose the night before. **YOU SHOULD NOT HAVE ANYTHING ELSE TO DRINK 4 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE TIME.**
- 4. TRANSPORTATION:** Taxicabs **ARE NOT** acceptable. You must have someone you know drive you home. You may **NOT** walk home. From the time you arrive at our facility until the time you leave, may require 2 to 3 hours.

**PLEASE CALL YOUR PHYSICIAN'S OFFICE 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE**

Plano (469)800-6020 Garland (469)800-2010 Carrollton (469)800-1130 Frisco (469)800-6020 Wylie (469)800-2010