



Hampton Roads Gastroenterology

303 Butler Farm Road Suite 103, Hampton VA 23666

Tel: (757) 826-3434 Fax: (757) 826-9028

PREPOIK Bowel Prep for Colonoscopy

Please read all prep instructions, as well as the Procedure Instructions also provided.

- Obtain your prep kit from the pharmacy as soon as possible.
- If you have any problems with your prep, please call the office at 826-3434.
- **DO NOT FOLLOW THE INSTRUCTIONS PROVIDED BY THE PACKAGE INSERT; FOLLOW THESE INSTRUCTIONS FOR YOUR PREP.** Thank you!

For the 3 days prior to your procedure: Avoid greens, vegetables, leafy foods, corn, seeds, & fruits with seeds

For the 2 days before your procedure, be sure to drink 64 ounces of liquid.

On the day before the procedure:

1. You may only have CLEAR LIQUIDS. Try to drink something every hour that you are awake.
You may have: apple juice, white grape juice, Jell-O (ONLY green or yellow), popsicles (ONLY green or yellow), 7-UP, Sprite, Ginger Ale, weak tea, CLEAR broths (with no food in it), and bouillon cubes.
You MAY NOT have: orange juice, coffee, Coke, Pepsi, solid foods, milk, any broths with bits of food or highly seasoned broths, or alcoholic beverages.
2. If you are *extremely* hungry, you may have a cup of blended yogurt (no fiber) or a nutrition drink such as Boost or Ensure before 2 PM.
3. Between the hours of 5 and 7 PM, fill the dosing cup provided with cold water to the lower (5 ounce) line on the cup, **put water in cup first and then add 1 packet.**
4. Pour contents of one (1) packet and stir for 3 minutes until dissolved. Drink the entire contents.
5. Follow with five (5) 8-ounce drinks of clear liquid, taken at your own pace within the 4-5 hours before bed.

On the morning of your procedure:

1. Three hours before your scheduled procedure time, but no later than 7 AM, fill the dosing cup with cold water to the lower (5 ounce) line on the cup, **put water in cup first and then add 1 packet.** Pour contents of one (1) packet and stir for 3 minutes until dissolved. Drink the entire contents.
2. Follow with at least five (5) 8-ounce drinks of clear liquid within the next 3 hours. **STOP DRINKING ALL LIQUIDS 3 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME. YOU MAY NOT EAT ANY FOOD ON THE DAY OF YOUR PROCEDURE.**

You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi or bus home from the procedure. If you arrive without a driver, you may be charged a \$150 fee.



Hampton Roads Gastroenterology

303 Butler Farm Road Suite 103, Hampton VA 23666

Tel: (757) 826-3434 Fax: (757) 826-9028

Procedure Instructions

! STOP ALL CLEAR LIQUIDS (including water) 3 HOURS BEFORE YOUR ARRIVAL TIME !

For endoscopies: NO FOOD THE DAY OF YOUR PROCEDURE

For colonoscopies: NO FOOD THE DAY BEFORE & DAY OF YOUR PROCEDURE

If you have any questions, please call the office at 757-826-3434.

- The day of your procedure, take medications as usual for blood pressure, asthma, seizures, anxiety, and other cardiac related drugs (i.e. beta blockers, calcium channel blockers). **If your procedure is early in the morning, take your pills with a small sip of water as soon as you get up.**
- Bring any prescribed inhalers with you to your procedure.
- If you are on a blood thinner such as **Coumadin, Warfarin, Eliquis, Plavix, Pradaxa, Xarelto, Effient, or Brilinta**, let your physician know before scheduling and they will determine whether to take it or not.
- If you are diabetic, we recommend that you take ½ of your usual insulin dose the day of your procedure. **Do not take oral medications for diabetes** (Metformin, Glucophage, etc.) **the morning of your procedure.** Please wait until after the procedure. We will check your blood sugar prior to the procedure. Optimal blood sugar for procedure is <250.
- Use of GLP-1 agonists for weight loss (*Ozempic semaglutide, Trulicity dulaglutide, Byetta exenatide, Victoza liraglutide, Bydureon exenatide, Wegovy semaglutide, Mounjaro/Zepbound tirzepatide, Rysbelsus semaglutide, Saxenda liraglutide*) must be stopped 1 week prior to the procedure.
- Use of phentermine must be stopped 3 days prior to the procedure.
- **Do not chew gum or candy the day of your procedure.**
- **DO NOT SMOKE MARIJUANA THE DAY OF YOUR PROCEDURE.**

You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi, bus, or Uber/Lyft home from the procedure.

72 hours (3 business days) notice is required for cancellations or you will be charged a fee of \$150. We appreciate your cooperation.