



www.yourgicenter.com
facebook.com/yourgicenter
Email: hello@yourgicenter.com
Toll free: 888-292-0010
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3 DAY PREPOPIK PREPARATION FOR COLONOSCOPY

Patient Check-In Time _____ Patient Procedure Date _____

(Please note: Patient Check-In Time is not the procedure time! It is merely the time we wish for you to begin the check in process that starts with signing in at the front window.)

Location where your procedure will take place:

- The G.I. Center, 109 Parking Way, Lake Jackson
Your GI Center at Pearland (Pearland Premier Surgery Center)
Hospital * 24 hour notice still required to avoid \$100.00 fee for rescheduled or cancelled procedures.

Patient Checklist:

- Purchase four Dulcolax laxative tablets (over the counter) and Prepopik (prescription given) from your local pharmacy.
You MUST have a ride to and from the facility because you will not be allowed to drive until 12 hours after the procedure.
Prescription blood thinners (Coumadin, Warfarin, Plavix, Xarelto, Aggrenox) must be stopped 5 days prior to the procedure.
DIABETIC PATIENTS: NO diabetic pill on the day of the procedure.
If you use a C-PAP machine please bring it with you on the day of your procedure.
If you use a Nebulizer, please do a breathing treatment before coming for your procedure.
If you use an inhaler, bring it with you the day of your procedure.

INSTRUCTIONS ON YOUR PREPARATION FOR THE COLONOSCOPY.

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Table with 4 columns: Pearland, Friendswood, Lake Jackson, Bay City. Includes addresses and phone numbers for each location.



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- **Three days before Colonoscopy:**
 - Take 2 Dulcolax tabs by mouth by 5 PM
 - Regular Diet this day.
- **Two days before Colonoscopy:**
 - Take 2 Dulcolax tabs by mouth by 5 PM
 - Start Clear Liquid Diet this day (no solid foods or milk products).
- **The day before your Colonoscopy:**
 - Continue with a Clear Liquid Diet
 - At 7 PM drink one dose of Prepopik followed by five, 8 ounce glasses of clear liquid.
 - At 11 PM take the 2nd dose of Prepopik followed by an 8 ounce glass of water. **Nothing further by mouth (no liquids, mints, gum, chewing tobacco, etc.). Small amounts of water or ice chips are permitted until 2 hours prior to your procedure. FAILURE TO COMPLY WITH THIS CAN RESULT IN A DELAYED PROCEDURE TIME.**
- **The day of your Colonoscopy:**
 - Still continue with nothing by mouth (no liquids, mints, gum, chewing tobacco, etc.) until after your procedure. Water is acceptable until 2 hours prior to your procedure. **FAILURE TO COMPLY WITH THIS CAN RESULT IN A DELAYED PROCEDURE TIME.**

*Clear liquids include all of the following that are not colored red or purple. Strained fruit juices **without** pulp only (apple, white grape, lemonade), water, clear broth or bouillon, coffee (without milk or nondairy creamer), Gatorade, carbonated and noncarbonated soft drinks. Kool-Aid, (or other fruit flavored drinks), plain jello (without added fruit or topping) and ice popsicles. Look under tab for DIETS in our website at www.yourgicenter.com and get detail list of foods for Clear Liquid Diets

**Bowel movements should be liquid and without particles/pieces of solid stool.

- **SEE ATTACHED INFORMATION FOR CLEAR LIQUID DIET.**
- **IF YOU ARE EXPERIENCING LOW SUGAR SYMPTOMS, IMMEDIATELY TAKE SOME SUGAR SOLUTION OR CLEAR JUICE SUCH AS APPLE JUICE.**
- **NO SMOKING AFTER MIDNIGHT.**
- **DO NOT TAKE FISH OIL, VITAMIN A, OR ANY OTHER OIL BASED MEDICATION OR VITAMINS FOR 3 DAYS PRIOR TO YOUR PROCEDURE.**

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Pearland
2813 Smith Ranch Rd
Pearland, TX 77584
713-436-8171

Friendswood
1305 Parkwood Ave
Friendswood, TX 77546
832-808-9872

Lake Jackson
109 Parking Way
Lake Jackson, TX 77566
979-292-0033

Bay City
720 Avenue F North
Bay City, TX 77414
979-292-0033



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CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

Food Group	Foods Allowed	Foods to Avoid
Milk & beverages <i>No red or purple liquids!</i>	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, Milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles (no red or purple flavors)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others
Examples of Clear Liquid Diet:		
Breakfast	Lunch	Dinner
4 oz. White grape juice	4 oz. Apple Juice	4 oz. Lemonade
6 oz. Clear broth	6 oz. Clear broth	6 oz. Clear broth
Jell-O ^{®*}	Jell-O ^{®*}	Jell-O ^{®*}
Tea	Tea	Tea
<i>*plain only, no fruit or toppings</i>	<small>Jell-O is a registered trademark of Kraft General Foods, Inc.</small>	

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