



## 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**
  - \*The front door opens at 6:30 a.m.
  - \*If you need to cancel or reschedule your procedure, please call 979-292-0033 or 979-285-9948
  - \*Our office requires a 24 hours notice if you are going to cancel or reschedule your appointment otherwise a \$100.00 cancellation fee will be billed to you.
  
- Your GI Center at Pearland (Pearland Premier Surgery Center)**  
**2813 Smith Ranch Road, Pearland, TX 77584**
  - \* The front door opens at 7:00 a.m.
  - \*If you need to cancel or reschedule your procedure, please call (713) 436-8171
  - \*Our office requires a 24 hours notice if you are going to cancel or reschedule your appointment otherwise a \$100.00 cancellation fee will be billed to you.
  
- 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. This is because anesthesia will be given to you to sedate you during your procedure. **If your ride must leave the facility, we must have a number (such as a cell phone number) to reach them on. If you do not have a ride in a timely manner, a cab may be called for you at your expense at the discretion of our ASC Nursing Staff.**
- Prescription blood thinners** (Coumadin, Warfarin, Plavix, Xarelto, Aggrenox) **must be stopped 5 days prior to the procedure** (aspirin is okay to take unless specifically instructed otherwise). All other medications can be taken on its normal schedule with a small sip of water.
- DIABETIC PATIENTS:** please take only half of your scheduled insulin and **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.

W W W . Y O U R G I C E N T E R . C O M

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



[www.yourgicenter.com](http://www.yourgicenter.com)  
facebook.com/yourgicenter  
Email: hello@yourgicenter.com  
Toll free: 888-292-0010  
Fax: 979-292-0488

## INSTRUCTIONS ON YOUR PREPARATION FOR THE COLONOSCOPY.

- **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.
- **The day of your Colonoscopy:**
  - Take the 2<sup>nd</sup> dose of Prepopik followed by three glasses of water. **Complete this AT LEAST 2 hours before your check in time**, with nothing further by mouth (no liquids, mints, gum, chewing tobacco, etc.).

\*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](http://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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 Toll free: 888-292-0010  
 Fax: 979-292-0488

# 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
<b>Milk &amp; beverages</b> <i>No red or purple liquids!</i>	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, Milk drinks
<b>Meats &amp; meat substitutes</b>	None	All
<b>Vegetables</b>	None	All
<b>Fruits &amp; fruit juices</b>	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
<b>Grains &amp; starches</b>	None	All
<b>Soups</b>	Clear broth, consommé	All others
<b>Desserts</b>	Clear flavored gelatin, popsicles (no red or purple flavors)	All others
<b>Fats</b>	None	All
<b>Miscellaneous</b>	Sugar, honey, syrup, clear hard candy, salt	All others
<b>Examples of Clear Liquid Diet:</b>		
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 <sup>®*</sup>	Jell-O <sup>®*</sup>	Jell-O <sup>®*</sup>
Tea	Tea	Tea
<i>*plain only, no fruit or toppings</i>	<small>Jell-O is a registered trademark of Kraft General Foods, Inc.</small>	

WWW.YOURGICENTER.COM

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