

Important Things to Know:

1. 5 days before the procedure **DO NOT TAKE:** Warfarin (Coumadin), Aggrenox, Plavix, Effient, aspirin, iron or iron containing supplements, Vitamin E or Vitamin E containing supplements, fish oil, or any medications that are considered blood thinners. **Please call your cardiologist to get clearance before holding your prescription blood thinners.** **DO NOT TAKE** any fiber supplements such as Metamucil, Konsyl, Fibernure, Benefiber, or Fibercon.
2. If you have a living will or advance directive please bring a copy with you on the day of the procedure. If you do not have one, please disregard. It is required that a copy be placed in your chart, only if available.
3. If you usually take medications for blood pressure, heart problems or seizures it is recommended that you take them with only a sip of water first thing in the morning on the day of your procedure. If you have any chronic medical conditions that require continuous medications, please ask the prescribing doctor before stopping these medications.
4. **You must bring a driver with you.** All patients are sedated so if you do not have a driver the procedure cannot be performed and will be rescheduled. The person that comes with you is required to stay at LRDC during your procedure. No public transportation allowed which includes taxis, Medicaid rides, or other public transport (unless you have a family member or friend that will ride with you.)
5. Colon preparation affects everyone differently so you may want to bring an extra set of clothing and a towel with you in the event of an accident, especially if you are traveling a long distance. Wear comfortable clothing.

Preparation Instructions

2 days before your procedure begin you clear liquid diet at NOON.

The day before your procedure:

1. Continue on the clear liquid diet. The more liquids, the better. **NO SOLID FOODS.**
2. If you take medications at night, you may take those as you do regularly, as long as they are *not* included in the medications listed above.
3. Begin your Prepopik regimen at 7 pm. Mix your first packet of powder in 5 ounces of cold water. Stir well. Follow this with AT LEAST five 8-ounce cups of clear liquids. *The more you hydrate, the more likely you will have a successful prep.*

The day of your procedure:

1. At 5 am, begin packet 2 of your Prepopik. Dissolve this packet in 5 ounces of cold water, followed by at least three 8-ounce cups of clear liquids. **Have nothing to eat or drink after these three cups.**
2. If you have heart, blood pressure, or seizure medications that you must take in the morning, you may take those with your liquids early in the morning.

Clear Liquid Diet

Clear liquids include any liquid that you can see through.

Avoid anything red or purple. Do not drink milk or milk products, vegetable juices, or fruit juices with pulp.

Some recommended items for you clear liquid diet:

Water	Clear Juice	Tea
Jell-O	Gatorade/Powerade	Kool-Aid
Lemonade	Black Coffee (no dairy)	Broth/Bouillon cubes

*Please call Dr. Hughes' nurse, Bethany, at (501) 221-5881 with any questions or concerns.

*Call the Endoscopy Front Desk at (501) 221-5845 with any questions the day of your exam.