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BOWEL PREPARATION FOR COLONOSCOPY WITH PREPOPIK

A. During the week before your appointment:

1. You should **STOP** taking any blood thinners 3 to 5 days prior to your procedure if your primary doctor or cardiologist agrees. Examples of prescription blood thinners are **PLAVIX (CLOPIDOGREL), COUMADIN (WARFARIN), XARELTO (RIVAROXABAN), PRADAXA (DABIGATRAN), LOVENOX (ENOXAPARIN), EFFIENT (PRASUGREL), TICLID (TICLOPIDINE), ELIQUIS and AGRYLIN**. Over the counter medications that should be **STOPPED** would be **ASPIRIN** and **NSAIDs (ADVIL/IBUPROFEN, MOTRIN, ALEVE, and ECOTRIN)**.
2. You should omit all iron preparations and indigestible seeds and fiber such as corn, all-bran, nuts, popcorn, and poppy seeds for 3 days prior to the colonoscopy.
3. If you have diabetes, contact your primary physician or Endocrinologist for instructions on management of your diabetes medications and diet.

B. On the day before your appointment:

You may have a **LIGHT** breakfast the morning prior to the procedure. Therefore, you must drink clear liquids. Please refer to the supplemental handout for a description of clear liquids.

Continue to drink liquids throughout the entire day. **(NO RED, BLUE, OR PURPLE FLAVORS)**.

ONE-DAY "FULL DOSE" METHOD

1. At 3:00pm- Dissolve one packet of Prepopik in **5 OUNCES** of cold water. Drink and follow with **FIVE 8-OUNCE** glasses of any clear liquids before the next packet.
2. At 9:00pm- Dissolve one packet of Prepopik in 5 ounces of cold water. Drink and follow with at least **THREE 8-OUNCE** drinks of any clear liquids before bed.

3. On the morning of your procedure please come into the office fasting. No food or liquids.

TWO-DAY "SPLIT DOSE" METHOD (AFTERNOON PROCEDURES 12 NOON & LATER ONLY)

1. At 6:00pm (**the night before your procedure**) - Dissolve one packet of Prepopik in **5 OUNCES** of cold water and drink over 5 minutes. Over the next 2 hours, drink **FIVE** more **8-OUNCE** glasses of any clear liquids.
2. **5 hours before your procedure** – Dissolve one packet of Prepopik in **5 OUNCES** of cold water and drink over 5 minutes: Follow with **THREE more 8-OUNCE** glasses of any clear liquids. You may drink clear liquids up to **FOUR** hours before your procedure time.

C. Helpful Tips

1. **Stay near a toilet:** you will have diarrhea. Ideally, your bowel movements will become either yellow or clear liquid after a complete prep.
2. Side effects of some preps include nausea, abdominal pain, bloating, vomiting, thirst, dizziness, and dehydration. If you feel nauseous or vomit, take a 30 minute break, rinse your mouth, and then continue drinking your prep. If you throw up your bowel prep, just try your best to drink as much bowel prep as you can tolerate and report for colonoscopy as scheduled. Be sure to alert the doctor that you could not tolerate your entire bowel prep
3. Feeling some abdominal cramping is normal.
4. Petroleum jelly (Vaseline) around the anus or using baby wipes may decrease skin irritation.

D. You may leave home on your own as long as you are not driving

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, consomme	All others
Desserts	Clear flavored gelatin, popsicles (<i>no red or purple flavors</i>)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

Breakfast

4 oz. White grape juice
6 oz. Clear broth
Jell-O®*
Tea

*Plain only, no fruit or toppings

Lunch

4 oz. Apple juice
6 oz. Clear broth
Jell-O®*
Tea

Dinner

4 oz. Lemonade
6 oz. Clear broth
Jell-O®*
Tea

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OFFICE HOURS BY APPOINTMENT

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