



Patient Name: \_\_\_\_\_  
 Patient DOB: \_\_\_\_\_  
 Location: \_\_\_\_\_

- JAMES D. TOROSIS, M.D.
- VICKY W. YANG, M.D.
- DANIEL S. RENGSTORFF, M.D.
- CYNTHIA W. LEUNG, M.D.

### Colonoscopy Prepopik Preparation Instructions

Appointment Date: \_\_\_\_\_ Check-in Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Escort back: \_\_\_\_\_

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>Arrange a ride.</b> You must have an escort drive you home or the procedure will be cancelled. Taxi, Uber and public /county transportation are not allowed.</p> <p>Just a reminder: On your procedure day you will not be able to work, drive, operate equipment, sign any important papers, drink alcohol or take sedatives for the remainder of that day.</p> <p>Stop eating <b>seeds and nuts.</b></p> <p>Throughout this prep you should continue taking all your normally prescribed medications unless you have been otherwise instructed.</p>	<p><b>Check with your insurance company for:</b></p> <ul style="list-style-type: none"> <li>✓ Copay</li> <li>✓ Deductible</li> </ul> <p>Confirm your ride</p>  <p><b>If you are taking any blood thinners</b> (coumadin, plavix, xarelto, pradaxa, effient or similar) please check with your doctor when you should stop this medication</p> 	<p>Pick up your prescribed prep at the pharmacy if you have not already done so.</p> <p>Consider buying personal hygiene wipes or hemorrhoid cream to prevent a sore bottom</p> <p>You may take Tylenol (acetaminophen) or continue a daily aspirin (if you have heart disease, history of stroke, etc).</p> <p><b>Stop taking anti-inflammatory medications (such as ibuprofen, Advil, Motrin, Aleve, etc)</b></p>	<p>Drink at least 6 glasses of water throughout the day.</p> <p>From this day on, avoid obviously greasy, oily or fried foods.</p>	<p>Start "<b>Clear Liquid Diet</b>" today. (If you can clearly see your fingers through a glass of the drink, it's a clear liquid!) Clear liquids include clear juice, tea, Jello, broth, coffee without cream. Avoid red or purple colors please!</p> <p><b>FIRST DOSE:</b> <b>Mix the first dose of Prepopik powder at _____ PM with 5 ounces of cold water as directed on package. Within the next 5 hours drink FIVE 8 ounce cups of any clear liquid listed above.</b></p> <p>If you become nauseated or vomit while drinking the prep, take a break and resume drinking prep when symptoms subside. If you are unable to keep any of the prep down please call:</p> <p style="text-align: center;"><b>650-365-3700</b></p>	<p>Take your regular medications unless instructed otherwise.</p> <p><b>Second DOSE:</b> <b>Mix the 2nd dose of Prepopik powder at _____ AM with 5 ounces of cold water as directed on package. Then drink THREE 8 ounce cups of any clear liquid listed above.</b></p> <p>You may continue to drink clear liquids until 2 hours pre-procedure.</p> <p><b>*** NOTHING by mouth for 2 HOURS BEFORE PROCEDURE or your procedure will be cancelled ***</b></p> <p>Be sure to bring: Your Insurance card and leave money &amp; valuables at home! <b>**Please note the Atherton Endoscopy Center is at 3351 El Camino Real, #220, Atherton CA</b> <b>**Please call 650-363-2800 the day of exam if you are having troubles getting to the center</b></p>

**\*\* - Please stop your \_\_\_\_\_ on \_\_\_\_\_.**

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