

Patient Name: _____

Patient DOB: _____

- 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>Arrange a ride. You will be sedated for this procedure & must have an escort over the age of 18 to drive you home or the procedure will be cancelled.</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 seeds and nuts.</p> <p>Throughout this prep you should continue taking all your normally prescribed medications unless you have been otherwise instructed.</p>	<p>Check with your insurance company for:</p> <ul style="list-style-type: none"> ✓ Authorization ✓ Deductible <p>Confirm your ride</p>  <p>If you are taking any blood thinners (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>Stop taking anti-inflammatory medications (such as ibuprofen, Advil, Motrin, Aleve, etc)</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 "Clear Liquid Diet" 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>FIRST DOSE: 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 <u>FIVE 8 ounce cups</u> of any clear liquid listed above.</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;">650-365-3700</p>	<p>Take your regular medications unless instructed otherwise.</p> <p>Second DOSE: Mix the 2nd dose of Prepopik powder at _____AM with 5 ounces of cold water as directed on package. Then drink <u>THREE 8 ounce cups</u> of any clear liquid listed above.</p> <p>You may continue to drink clear liquids until 2 hours pre-procedure. Then nothing by mouth.</p> <p>Be sure to bring: Your Insurance card and leave money & valuables at home!</p> <p>**Please note the Atherton Endoscopy Center is at 3351 El Camino Real, #220, Atherton CA</p> <p>Please call 650-363-2800 the day of exam if you are having troubles getting to the center</p>

**** - Please stop your _____ on _____.**