

Prep Date: \_\_\_\_\_

Procedure Date: \_\_\_\_\_

**Pocono Ambulatory Surgery Center** – The facility will call you the day before with your arrival time.

**Pocono Medical Center** – Please arrive in Central Registration 1 ½ hours before your procedure time: \_\_\_\_\_

**One week before your colonoscopy:** Pick up your prescription for the Prepopik from your pharmacy. We send prescriptions electronically, therefore your prescription will be sent directly to your pharmacy...Avoid any green, leafy vegetables three days prior to your procedure.

**One day before your colonoscopy:** Follow a clear, liquid diet from the time you wake up in the morning.

**What you can have:**

Soda, Coffee, Tea, Fruit juices without pulp  
Gatorade, flavored Jello without fruit  
Clear beef or chicken broth  
Ice popsicles

**What you can't have:**

Solid foods  
Milk or dairy products  
Coffee creamer  
Anything red in color

**Step 1:** At **4:00pm**, fill the dosing cup with cold water up to the lower (5-ounce) line on the cup. Pour in the contents of the first packet and stir for 2-3 minutes until dissolved. Drink the entire contents. Follow with five 8-ounce cups of clear liquid of your choice at your own pace within the next 5 hours.



**Step 2:** At **9:00pm**, mix the second packet into the dosing cup as before and drink the solution. This time, follow with three 8-ounce cups of clear liquid before bedtime. **Do not drink anything after midnight.**



**SPECIAL INSTRUCTIONS**

1. If you are allergic to latex products, have sleep apnea, or a history of hepatitis, please notify us.
2. No aspirin products, including ibuprofen, for \_\_\_\_ days prior to the colonoscopy. Tylenol is okay.
3. If you take ginkgo, vitamin E, or garlic supplements, these must be stopped 5 days before the procedure.
4. If you are diabetic, take ½ of your usual dose of insulin on your prep day. Do not take your diabetic pills.
5. If you take Coumadin or Plavix, do not take for \_\_\_\_ days prior to the colonoscopy.
6. If you take heart or blood pressure medication, you can take them in the morning on the day of the procedure with just a small sip of water.
7. You must have a driver to drive you home after the procedure because you will be receiving sedation.
8. If you experience any difficulty with your prep after normal business hours, call 570-421-8968 for assistance.
9. If polyps are removed or biopsies taken, Dr. Covington will call you with the pathology results. Please allow five business days for the pathology department to process the results.

By my signature, I hereby acknowledge my understanding of the instructions listed above:

Patient signature: \_\_\_\_\_ Date: \_\_\_\_\_ Witness: \_\_\_\_\_