

## Appointment Info

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DATE: \_\_\_\_\_

Arrival

TIME: \_\_\_\_\_

FACILITY:

<input type="radio"/> Endoscopy Center Of Marin	<input type="radio"/> Marin General Hospital	<input type="radio"/> Novato Community Hospital
1100 S Eliseo Dr. Suite 3 Greenbrae	Surgery Center 250 Bon Air Rd Greenbrae	180 Rowland Way Novato
Expect to be at the center 90 minutes	Expect to be at the center 2 hours	Expect to be at the hospital 3 hours

## Diabetes Instructions (if applicable)

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**Oral Medication Instructions:**

**Insulin schedule:**

## Blood Thinner Instructions (if applicable)

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Continue blood thinner as prescribed.

HOLD for: \_\_\_\_\_ days

## Marin Gastroenterology

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1350 S. Eliseo Dr., Ste 130  
Greenbrae, CA 94904

7120 Redwood Blvd  
Novato, CA 94945

P: (415) 925-6900

[www.MarinGastro.com](http://www.MarinGastro.com)

## Prepopik

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# Preparation for your upcoming Colonoscopy

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## What you will need:

- Prepopik Prescription filled by your pharmacy
- For coupon and info visit [www.prepopik.com](http://www.prepopik.com)

Phone: 415 - 925 - 6900



[www.maringastro.com](http://www.maringastro.com)

MARIN GASTROENTEROLOGY

## 7 Days Before Your Colonoscopy

- Confirm ride for the day of your procedure
- Pick-up the prescription at your local pharmacy.
- If you take blood thinners, (Asprin 325mg, Coumadin/warfarin, Plavix/clopidogrel, Pradaxa/dabigatran, Eliquis/apixaban, Xarelto/rivaroxaban) review instructions for holding or continuing prescription. (Instructions located on back)
- Last chance to cancel/reschedule your procedure appointment without incurring a CANCELLATION FEE of \$250.

## 5 Days Before Your Colonoscopy

- Review diet Instructions and plan your meals
- Create a list of your medications & supplements to provide the facility. Include prescription name, dose, and directions.
- Create a list of your allergies to provide the facility

## 3 Days Before Your Colonoscopy

- STOP eating foods with nuts or seeds. (Fruits & vegetables with seeds, sesame, whole grain, etc.)
- Avoid corn, beans, quinoa, and popcorn

## 2 Days Before Your Colonoscopy

- Increase your fluid intake, drink a minimum of 8 glasses of clear fluids (water preferred)
- Eat well balanced meals, but continue avoiding nuts & seeds

## 1 Day Before Your Colonoscopy

### “PREP DAY”

- Have a low residue breakfast BEFORE 10am. (white toast, eggs, yogurt, cream of wheat, smoothies without seeds)
- AT 10am begin a “Clear Liquid Diet.” Clear liquids include water, juice without pulp, soda, electrolyte drinks, Ensure CLEAR, Boost Breeze, Jello, Broth, Popsicles.
- AT 6pm prepare and consume the first dose of Prepopik. Fill the dosing cup with cold water up to the lower line (5oz), then pour in the contents of 1 packet. Stir for 3 minutes until the powder has completely dissolved. Please drink the entire mixture. After drinking the Prepopik mix, please drink FIVE 8-ounce classes of clear liquids over the next 2 hours
- Continue drinking clear liquids until bedtime.

## On The Day of Your Colonoscopy

- Wake up 5-6 hours before your arrival time to start second prep dose. Then prepare and drink the second dose of Prepopik.
- After finishing the Prepopik mix, please drink FIVE 8-ounce glasses of clear liquids over the next 2 hours.
- You must complete your prep and discontinue clear liquids 3 hours prior to your arrival time.
- You should take medications, as prescribed, with sips of water
- BRING THE FOLLOWING:
  1. Photo ID
  2. Insurance Card
  3. Medication List
  4. Allergy List

### TIPS:

To improve the taste try:  
Adding ice/Refrigerate mixture  
Using a straw to drink mixture

If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep

Use baby wipes

Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements

**Prepopik Dose: Fill the dosing cup with cold water up to the lower line (5oz), then pour in the contents of 1 packet. Mix.**