


**Bryn Mawr Medical Specialists Endoscopy Associates**  
**Prepopik Colonoscopy Preparation-Morning Procedure**  
**(610) 525-9570**

Appointment Date: \_\_\_\_\_ Check-In Time \_\_\_\_\_ Procedure Time \_\_\_\_\_

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>Arrange a ride.</b>            You will be sedated for this procedure &amp; must have an escort over the age of 18 to drive you home or the procedure will be cancelled.</p> <p>You will not be able to work, drive, operate equipment, sign important papers, drink alcohol or take sedatives for the remainder of the day.</p> <p>If you are a diabetic, please inform your Primary Care Physician or Endocrinologist regarding your scheduled procedure and discuss necessary oral med/insulin adjustments.</p>	<p><b>Check with your insurance company for the following:</b>            -Benefits            -Deductible            -Co-Pay for outpatient surgery  <b>NOTE:</b> your final co-pay responsibility will be determined after your claim is submitted.</p> <p><b>Stop taking the following medications:</b>            Vitamins, Herbal Supplements, Ibuprofen, Advil, Motrin</p> <p><b>If you take Aspirin, blood thinners, such as Coumadin or Plavix, please stop if you were instructed to do so at the time of scheduling.</b>            You may be asked to contact your cardiologist to confirm this.</p>	<p>Last Chance to cancel or confirm your appointment.</p> <p>Review upcoming dietary needs for the next 2 days.</p> <p>Stop eating nuts, seeds and berries.</p> <p>Purchase Prepopik with prescription. Disregard instructions on the box &amp; follow these instructions.</p> <p>Please confirm your ride.</p> 	<p>Drink at least 8 glasses of water throughout the day.</p> <p>Start "Low residue Diet" today (see handout).</p>	<p>Start "<b>Clear Liquid Diet</b>" today (see handout).            No Red or purple liquids.</p> <p>At <b>5pm</b>, drink one packet of Prepopik mixed with 5 oz of water. Follow with (5) 8 oz drinks or clear liquids within the next 4 hours.</p> <p>At <b>9pm</b> drink the 2<sup>nd</sup> packet of Prepopik mixed with 5 oz of water. Follow with at least (3) 8 oz drinks of clear liquids before bed. Continue to drink clear liquids until Midnight.</p> <p><b>Nothing to drink after midnight</b></p> <p>If you vomit the preparation, please call the Physician on call at (610) 526-0881.</p>	<p><b>No food or drink today.</b></p> <p>Take your heart and blood pressure medications by 6am with a small sip of water.</p> <p>Be sure to bring your insurance card.</p> <p>Your driver will need to be present in the endoscopy suite upon discharge.</p> <p>Please note that your procedure is at Bryn Mawr Medical Specialists Association, 825 Old Lancaster Road, Suite 330, in Bryn Mawr, <b>NOT</b> at Bryn Mawr Hospital.</p>

**\*\*See Reverse Side for Helpful Hints Regarding Your Procedure\*\***