

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

Appointment Date: _____ Arrival Time _____ Procedure Time _____

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>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>Check with your insurance company for the following: -Benefits -Deductible -Co-Pay for outpatient surgery NOTE: your final co-pay responsibility will be determined after your claim is submitted.</p> <p>Stop taking the following medications: Vitamins, Herbal Supplements, Ibuprofen, Advil, Motrin</p> <p>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. 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 & follow these instructions.</p> <p>Please confirm your ride.</p> <div align="center" data-bbox="741 1040 1016 1214"> </div>	<p>Drink at least 8 glasses of water throughout the day.</p> <p>Start "Low residue Diet" today (see handout).</p>	<p>Start "Clear Liquid Diet" today (see handout).</p> <p>No solid food today.</p> <p>No red or purple drinks.</p> <p>At 6pm, drink one packet of Prepopik mixed with 5 oz of water. Follow with at least (5) 8 oz drinks or clear liquids within the next 5 hours at your own pace.</p> <p>If you vomit the preparation, please call the Physician on call at (610) 526-0881.</p>	<p>*If you take heart and blood pressure medications, please see reverse side for instructions.</p> <p>At 6am drink the 2nd packet of Prepopik mixed with 5 oz of water. Follow with at least (3) 8 oz drinks of clear liquids Prep must be completed 4 hours prior to arrival time. Then nothing to drink.</p> <p>Be sure to bring your insurance card. 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, located at 825 Old Lancaster Road, Suite 330, in Bryn Mawr, NOT at Bryn Mawr Hospital.</p>

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