

JATINDER S. SEKHON, M.D.
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10110 Molecular Drive, #109, Rockville, MD 20850
(301) 417-9528

PATIENT NAME: _____

We perform procedures at the following locations:

Advanced Surgery Center, LLC
10110 Molecular Drive
Suite 100
Rockville, MD 20850
(301) 838-0437

Shady Grove Adventist Hospital
Out-Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850
240-826-6000

Please **ARRIVE** at: _____ on _____
Time Date

PREPARATION INSTRUCTIONS FOR COLONOSCOPY
(Prepopik)

- STOP COUMADIN/WARFARIN or PERSANTINE (Dipyridamole) THREE (3) DAYS PRIOR TO YOUR PROCEDURE**
- DO NOT TAKE ASPIRIN SEVEN (7) DAYS BEFORE THE PROCEDURE OR ANY NSAIDS (Advil, Motrin, Ibuprofen, Aleve, etc)**
- STOP PLAVIX FOUR (4) DAYS PRIOR TO YOUR PROCEDURE**

YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME. You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off.

YOU WILL NEED TO FILL YOUR PRESCRIPTION:

1. You will receive a prescription to obtain **Prepopik** bowel prep from your local pharmacy.
2. Purchase 3 **bisacodyl** tablets (each tablet is 5 mg) which are “over the counter”.

THE DAY BEFORE THE PROCEDURE:

1. Do NOT take any diuretics (water pills) the day before or day of the procedure.
2. No solid foods after 8:00 a.m.
3. Start a clear liquid diet after 8:00 a.m.

Clear liquids include:

Coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; all of the clear juices –apple; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed.

NOT ALLOWED ON A CLEAR LIQUID DIET: Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed.

Avoid any drinks, jello, ices with artificial red, purple, green or orange coloring.

4. **Begin your first dosing regimen between 4:00 and 6:00 p.m the evening before your exam.** Take three (3) bisacodyl tablets.
5. Mix one packet of Prepopik with cold drinking water to the top line on the cup supplied in the kit.
6. Between 7:00 and 8:00 p.m. drink the entire contents of the Prepopik solution (no sooner than two (2) hours after taking the Bisacodyl tablets). Follow with at least (5) 8-ounce glasses of clear liquids.
7. Note: drinking sips of ginger ale helps reduce any nausea that you may experience.

8. **Begin your second dosing regimen at least four (4) hours before the exam.** Mix the second packet of Prepopik with cold drinking water to the top line on the cup supplied in the kit. Drink the cup of Prepopik completely.
9. Follow with at least three (3) 8-ounce glasses of clear liquid, and finish at least three (3) hours prior to your exam time.
10. You must be finished drinking within 3 hours of your scheduled examination. If you eat or drink anything, even a sip of water, within 3 hours of your exam start time, your exam will be postponed or cancelled.

**Bowel movements should begin about 1 hour after drinking the first glass. They will continue for several hours after you finish drinking the last glass. By then, the stool should be liquid and clear.

THE DAY OF THE PROCEDURE:

1. Nothing by mouth until after the procedure. (If the procedure is scheduled for 2:00 p.m. or later, you may drink clear liquids until 9:00 a.m.)
2. You should **take your blood pressure medications** up to 3 hours before the procedure with a sip of water unless otherwise instructed by your physician.
3. If you take diabetic medication, **do not take it the night before or the morning of your procedure.**
4. Bring to your appointment all inhalers that you may have.
5. On the day of your procedure, please do not wear perfume, cologne, or scented powders.

PLEASE NOTE: IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE, PLEASE CONTACT US AT LEAST 48 HOURS PRIOR TO YOUR SCHEDULED APPOINTMENT OR YOU MAY BE SUBJECT TO A \$100 CANCELLATION FEE.



HELPFUL HINTS

- ✔ Try a soft toilet tissue or pre-moistened bathroom wipe to prevent soreness from wiping.
- ✔ If you experience anal irritation and burning because of the diarrhea induced by the bowel preparation, we recommend using Tucks or any brand of baby wipe followed by a generous application of Vaseline petroleum jelly to the external anus after each watery bowel movement.
- ✔ You may want to place some light reading material in the bathroom.
- ✔ Feelings of bloating, abdominal fullness, and nausea are common. This is temporary and will subside. Burping, walking, lying on your left side, or passing flatus should help.
- ✔ If any problems or questions arise, please call our office at (301) 417-9528.