

# DIGESTIVE DISEASE ASSOCIATES

170 Amendment Ave

803-324-7607

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

## **Prepopik Prep:**

The day prior to your colonoscopy, you will need to maintain a clear liquid diet. This includes items such as water, tea, apple or white grape juice, clear sodas, clear broth, jello(not red or purple). Avoid milk products. Avoid any solid foods.

The evening before your colonoscopy, start drinking the solution between 4 and 6pm. Take one of the powder packets and pour it into the container along with water to the 5oz fill line. Stir for 2-3 minutes until all powder is dissolved. Within 2 hours of consuming the prep mixture, drink 5 more 8oz glasses of water.

4 hours prior to your procedure, take the other powder packet and pour it into the container along with water to the 5oz fill line. Stir for 2-3 minutes until all powder is dissolved. Within 2 hours of consuming the prep mixture, drink 5 more glasses of water. Do not drink anything else prior to procedure.

**Please follow these instructions for the best results for your procedure. Failure to follow these instructions could result in cancellation of your procedure and rescheduling.**

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Rock Hill, SC 29732  
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## General Instructions for All Endoscopy Procedures

If you have any questions, please contact our office at 803-324-7607 and ask for Procedure scheduling. Also you may visit our website listed above.

**Diabetics**: Please follow the following instructions for your procedure:

### **Insulin Shots:**

If you take insulin shots:

- \* The **DAY BEFORE** your procedure, take your usual dose of insulin.
  - \* The **EVENING BEFORE** your procedure, take 1/2 of your usual dose of insulin.
- Make sure to check your blood sugar frequently that day. If sugar falls below 70, drink sprite or 7-UP (not diet).

If you take **Diabetes Pills**:

- \*Take **NO** diabetes pills the **Night Before** or **Morning of Procedure**.

### **MORNING OF PROCEDURE:**

- \*Take **NO** insulin shots or diabetes pills.

## **FOR EVERYONE THE MORNING OF THE PROCEDURE:**

Only take Heart or Blood Pressure medication, Seizure medication and/or Reflux medication

### **When to STOP Blood Thinners:**

Coumadin - 3-5 days before  
Pradaxa - 2-5 days before  
Eliquis - 2 days before  
Effient - 7 days before

Plavix or Aggrenox - 7 days before  
Brilinta - 5 days before  
Xarelto - 24 hours before  
Aspirin - take as normal

If you take Iron Pills, please **STOP 4 Days** prior to your procedure

Please Note: **FAILURE** to cancel your procedure **24 hours in advance** will result in a **\$100 No Show Fee**.