#### **ABOUT THE PROCEDURE**

The colonoscopy usually takes about a ½ hour. Expect to be at the hospital 2-3 hours for your test and recovery time. Dr. Perryman will speak with a family member after the procedure and let them know of the findings. The sedation medicine you receive for the procedure may prevent you from remembering everything that she says. There are no restrictions on what can be eaten after the procedure. However, you cannot drive the day of the colonoscopy; therefore, you will need a ride home from the hospital. You may be drowsy for the rest of the day, and may need additional rest.

If biopsies are taken, the results will be available in four-to-five days. Please call our office to obtain the results at (303)840-8822. Follow-up appointments can be made to discuss the biopsy findings, need for further studies, and other screening tests.

# THE DAY OF THE COLONOSCOPY

- ✓ DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE.
- ✓ If you are to take your morning medicines, take with a small sip of water ONLY.
- ✓ You will need to have an adult drive you home after your test. You will not be able to leave by yourself.

Talk to Dr. Perryman or her medical staff if you have any questions or concerns.



# Lisa A. Perryman, MD, FACS, FASCRS

9397 Crown Crest Blvd., Suite 301 ◆ Parker, CO 80138 (303)840-8822 office ◆ (303)840-8824 fax

# PREPOPIK BOWEL PREP INSTRUCTIONS

REPORT TO:	:PARKER ADVENTIST HOSPITAL
	REGISTRATION, 1 <sup>ST</sup> FLOOR
	CROWN POINT SURGERY CENTER
	9397 CROWN CREST BLVD, SUITE 110
	LINCOLN SURGERY CENTER
	11960 E LIONESS WY, STE 120
	PARKER, CO 80134
DATE:	CHECK IN TIME:
	APPOINTMENT TIME:

- Please report to Parker Hospital <u>1 ½ HOURS</u> prior to the test, or 1 HOUR if it is at Crown Point or Lincoln.
- You will need to have someone drive you home after the colonoscopy. If you do not have a driver present, your procedure will be cancelled. You may not take a cab home. Working or driving is not permitted for the rest of the day due to sedation given during your procedure.
- NO ASPIRIN OR ASPIRIN PRODUCTS FOR <u>1 WEEK</u> PRIOR TO YOUR PROCEDURE. These products include: Advil, Motrin, Ibuprofen, Aleve, and Midol.
- Hold all herbal supplements, fish oil, glucosamine and vitamin E for <u>1 WEEK</u> prior to your procedure.
- For pain, take only Tylenol (acetaminophen) unless otherwise directed by Dr. Perryman.
- Please inform Dr. Perryman if you are taking Coumadin,
  Xarelto, Plavix, or other similar blood thinning medications.

## **BOWEL PREP**

REMEMBER: Your colonoscopy preparation is <u>VERY</u> important. An adequate clean-out allows for the best evaluation of your entire colon. Poor preparation could lead to the cancellation of your procedure. Using baby wipes or "Tucks" and Desitin ointment may ease some discomfort you may have during your prep. *Be kind to your behind!* 

# THE DAY BEFORE YOUR COLONOSCOPY:

Do not eat any solid food the <u>entire day before</u> your colonoscopy!
 <u>Drink only clear liquids from the time you get up in the morning.</u>

 AVOID ALL RED OR PURPLE COLORED LIQUIDS.

Clear liquids include:

WATER, CLEAR FRUIT JUICES (NO PULP), POPSICLES, ICE, SOFT DRINKS, GATORADE, CLEAR BROTH OR BOUILLON, GELATIN, KOOL AID, COFFEE OR TEA (NO MILK OR CREAM). NO ALCOHOL.

 Follow the schedule at right for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements throughout the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

#### **BOWEL PREP INSTRUCTIONS:**

You will need a prescription for Prepopik, which Dr. Perryman will send electronically to your pharmacy.

PICK YOUR PRESCRIPTION UP AS SOON AS IT IS FILLED BY THE PHARMACY TO AVOID HAVING IT RESHELVED AND NOT AVAILABLE WHEN YOU NEED IT.

## PREPOPIK BOWEL PREP FOR COLONOSCOPY

# DRINK 64 OZ OF CLEAR LIQUIDS BEFORE YOU BEGIN THE PREP

Dose 1 – START AT 4:00 PM

STEP 1: FILL the dosing cup with cold water up to the lower line (5 oz).

### STEP 2:

- ✓ POUR in the content of 1 packet
- ✓ STIR for 2-3 minutes until powder is dissolved
- ✓ DRINK it ALL

STEP 3: Follow with at least FIVE (5) 8 oz glasses of any clear liquid taken at your own pace within the next 5 HOURS. Check off each glass as you drink.



Dose 2 – START AT 10:00 PM

STEP 1: FILL the dosing cup with cold water up to the lower line (5 oz).

#### STEP 2:

- ✓ POUR in the content of 1 packet
- ✓ STIR for 2-3 minutes until powder is dissolved
- ✓ DRINK it ALL

STEP 3: Follow with at least THREE (3) 8 oz glasses of any clear liquid.

