

**Yuma Gastro**  
*Dr. Anireddy, Dr. Esker, Dr. Miller*  
1390 W. 16<sup>th</sup> Street, Yuma, AZ 85364  
Phone (928) 344-4325 Fax (928) 344-3084

**Prepopik Bowel Preparation**

**Patient Name:** \_\_\_\_\_

**Day and Date of colonoscopy:** \_\_\_\_\_

**Arrive at:** \_\_\_\_\_ **\*A 48 hr. notice is required for cancellation of procedure or a \$30 fee will be issued. \***

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| <input type="checkbox"/> Yuma Endoscopy Center<br>2261 S Avenue B<br>(928) 318-2052 | <input type="checkbox"/> YRMC<br>2400 S Avenue A<br>(928) 336-2000 | <input type="checkbox"/> Focused Imaging of Arizona<br>2270 Ridgeview Dr. #127<br>(928) 317-0470 |
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You **MUST** have someone remain with you at the facility until you are discharged and drive you home. If you do not, the procedure will NOT be done.

**MEDICINE: Seven days prior to exam, stop iron.**

**PURCHASE: 2 Dulcolax tablets (5mg each), and fill prescription for Prepopik at any pharmacy. If you prefer brand name, advise your pharmacy.**

**Day before Exam**

- May eat a light breakfast by 9 a.m.
- STOP any chewing tobacco products by 9 a.m.
- **NO SOLID FOOD INTAKE AFTER 9 a.m., Clear liquids only.**
- **Diabetic Medications:** Take half the usual dosage of insulin or pills.
- **Other Medications:** Take as scheduled (at normal times).

**12:00 PM, Day Before Exam**

- Take 2 Dulcolax tablets with a large glass of clear liquid.

**Evening Before Exam**

- **At 6pm,** pour one (1) packet of Prepopik in to the cup provided. Add cool drinking water to the 5-ounce line on the cup and mix for 2-3 minutes until dissolved. Drink **ALL** of the liquid in the container.
- You **MUST** drink two (5) more 8-ounce containers of water within the next 1 hour.

**Morning of Exam** - Please wear comfortable enclosed shoes (no flip flops, no high heels, etc.).

- Refrain from smoking the day of your procedure
- **FIVE hours prior to your exam,** pour the remaining packet of Prepopik into the cup provided. Add cool drinking water to the 5-ounce line on the container and mix for 2-3 minutes until dissolved. Drink **ALL** of the liquid in the container.
- You **MUST** drink four (3) more 8-ounce containers of water within the next 1 hour.
- **STOP DRINKING LIQUIDS and CHEWING GUM and take your blood pressure and heart medications only THREE (3) hours before your exam.**
- **No Diabetic Medications until after your procedure.**

If you have any questions regarding your preparation or to reschedule/cancel your appointment, call Yuma Gastro at (928) 344-4325.

**CLEAR LIQUID** is any liquid that you can see through. Examples: apple juice, white grape juice, sports drinks, chicken or beef bouillon, and jello (No fruit, toppings, red or purple jello). Do not drink milk or juices with pulp. Avoid red and purple drinks.