

EDWARD J. SHARE, M.D.

PREPOPIK “SPECIAL” INSTRUCTIONS

1. Please do not eat Foods with **Nuts, Seeds, Couscous, etc.** for Four Days Prior to Procedure
2. Obtain “**Prepopik**” (requires prescription) and 1 box Dulcolax Tablets (bisacodyl laxative tablets purchased over-the-counter) and 1 bottle of 10 oz of Citrate of Magnesia.
3. Mix Prepopik as follows – **DO NOT** Follow instructions on the Box!

The Prepopik carton contains a plastic container with two packets of powder. Empty the 1st packet of the prep solution into the disposable container and fill with 5 ounces of water to the line, stir for 2-3 mins. You will do the same for the second dose of Prepopik. For better taste, the solution may be refrigerated.

4. If you have less than 1 bowel movement per day please let us know!

2 days before Procedure: Take 2 Dulcolax tablets by mouth between 2-8PM. If there is no response in 2 hours, take 2 more Dulcolax. If you still haven't had a result in 4 hours, you'll need an alternative solution – I'd recommend you take 5 ounces of Citrate of Magnesia (comes in 10 oz bottle). If still no result in 2 hours, take 5 more ounces. If you do not respond to this regimen let us know!

Day Before Procedure:

Drink at least three 8 ounce glasses of clear liquids before the first dose of Prepopik and clear liquids all day for Breakfast, Lunch and Dinner. Do not eat any solid foods. Sample clear liquids allowed: Water, apple juice, grape juice, cranberry juice, bouillon, soda pop, coffee, tea. No milk or milk products; No Orange Juice or Miso soup. Fluid must be basically clear. Avoid red Jello as it colors stool red, though any other red liquids are OK. Use electrolyte containing fluids rather than just water. **NO SOLID FOODS....Really!**

1st Dose of Prepopik: At 2-6:00pm the day before the colonoscopy, the earlier the better, take the first dose of Prepopik solution. In addition, take five more 8 ounce containers of fluids over the next hour or so to maintain hydration. Loose watery bowel movements will hopefully occur in one hour or more after the start of Prepopik administration. In the unlikely situation where there is no result by 4 hours after completing the Prepopik, take 2 Dulcolax tablets by mouth. If there is still no result in 2 more hours, take an additional 2 Dulcolax tablets. If still no result use 5 oz. Citrate of Magnesia as above.

Late Evening Before or the Day of Procedure:

Take the second dose of Prepopik and three 8 ounce glasses of water between 5-8 hours before your arrival time so that it is completed at least 4 hours before your arrival time. This insures a clean colon and an empty stomach when you arrive. Taking the 2nd dose of Prepopik before this may cause soiling of the colon from small intestine contents.

NOTHING BY MOUTH STARTING 4 HOURS PRIOR TO YOUR ARRIVAL TIME.

Medication: No ASPIRIN or Plavix 5 days before procedure, unless discussed with Dr. Share
No Oral Iron for ten (10) days prior to procedure. If you are taking Coumadin anticoagulant therapy please discuss with Dr. Share what to do about it. Regular Heart and Blood Pressure medications **should** be taken in the morning as usual before the procedure with a little water. (That fluid is OK!)

Ride: You must have someone pick you up from the surgery center, approximately 2 hours after arrival. You will not be able to drive until the next day, and by state regulation, you must be “discharged” to a responsible person; not a taxi driver. If you need a ride, ask Helen.

For the procedure, go to the **Linden Surgical Center**, 9735 Wilshire Blvd, Suite 100, Beverly Hills, 90210. You may be dropped off in the parking lot in back of the building with access via McCarty. You may park on Linden or in the Santa Monica Blvd city lot or in the building's parking lot but it is not validated. To access the Valet lot, go north on McCarty from Wilshire (McCarty becomes an alley). There is also a lot to the building off of Linden.

Please arrive there at: _____