



COLONOSCOPY PREP INSTRUCTIONS PREPOPIK

Procedure Date _____ Time _____ Arrival Time _____

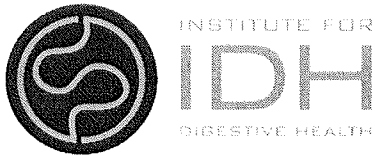
Your procedure is scheduled at:

**Preston Plaza Surgery Center
17950 Preston Road Suite 75
Dallas, TX 75252
972-267-5400**

1. **The day before your procedure, you may have clear liquids, ONLY. NO SOLID FOOD!!! Example:** Sprite, 7-Up, juice, broth, and jello. NO RED JELLO!!
2. The day before your procedure, take the Prepopik starting at 5pm.
3. Do not drink anything after midnight the night before your procedure. You may take your medications with a **sip** of water the morning of your procedure **except for diabetes medications, blood thinning medicines, or aspirin the morning of your procedure. You may have nothing to drink 3 hours prior to your scheduled procedure time.**
4. If you have any problems taking the Prepopik call our office and let the doctor know. It is very important you get cleaned out properly so the doctor can see inside your colon.
5. Please remember that you will need someone to drive you home due to the anesthetic given before your procedure.

Good Luck! This is the hardest part of the procedure.

Please note that any amount collected in this office is separate from any financial responsibility you may have with anesthesia or the surgery center. We recommend that you call them for your benefits.



THE DAY BEFORE YOUR COLONOSCOPY AT: 5PM

Complete Steps 1 through 3 using packet one (1) in your Prepopik kit.

- 1.** Fill the dosing cup provided with cold water up to the lower 5 oz line.
- 2.** Pour in the contents of one packet and stir for 2-3 minutes until dissolved and drink entire contents.
- 3.** Follow with FIVE (5) 8 oz. drinks of clear liquid, taken at your own pace with in the next 1 hours.

THE DAY BEFORE YOUR COLONOSCOPY AT: 9PM

Complete Steps 1 through 3 using packet two (2) in your Prepopik kit

- 1.** Fill the dosing cup provided with cold water up to the lower 5 oz line.
- 2.** Pour in the contents of one packet and stir for 2-3 minutes until dissolved and drink entire contents.
- 3.** Follow with THREE (3) 8 oz. drinks of clear liquid, taken at your own pace with in the next 1 hours.

Patient Registration Guide



Physician: _____ Procedure Date: _____

Texas Health Surgery Center Preston Plaza asks that you complete online registration with One Medical Passport. The website will guide you to enter your medical history so that we may provide you with excellent care and minimize long phone interviews and paperwork.

Begin Registration on Our Website

Start on our home page www.prestonplazasurgerycenter.com and click Pre-Registration to go to One Medical Passport shown below.

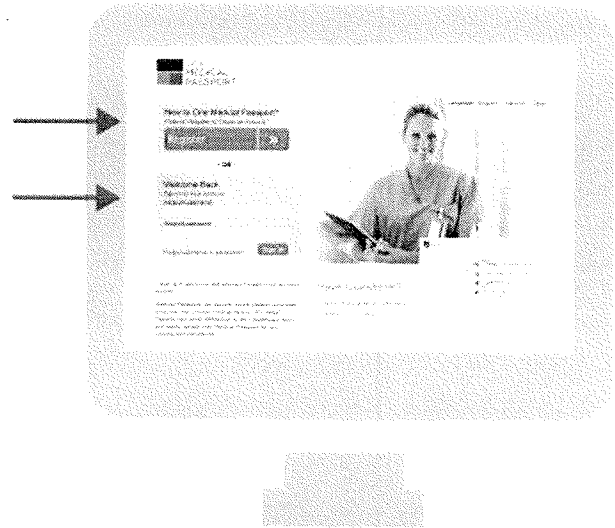
Create Your One Medical Passport Account

First time users of onemedicalpassport.com should click the green **Register** button and create an account. Answer the questions on each page, then click save and continue. Once complete, you will be prompted to click **Finish** to securely submit your information to us.

First Time Website Users Click Register

Username you chose: _____

Returning Users (for changes or reuse)
Enter the username and password you chose.
You can then access or update your account.



Additional Help to Complete Registration

Each page has a **Help** link you may click for assistance. If you are unable to complete your history online a pre-admission nurse will contact you by phone close to the date of your procedure to complete your history with you.



PEEL OFF →

Prepopik
(sodium picosulfate, magnesium oxide, and anhydrous citric acid) for oral solution
10 mg/3.5 g/12 g per packet

PREPOPIK INSTRUCTIONS | DAY-BEFORE REGIMEN

BEGIN A CLEAR LIQUID DIET (NO SOLID FOOD) THE DAY BEFORE AND DAY OF YOUR COLONOSCOPY— AND REMEMBER TO STAY HYDRATED!

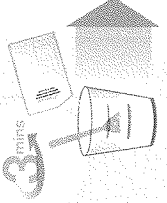
MEDICATE

Only 2 packets total

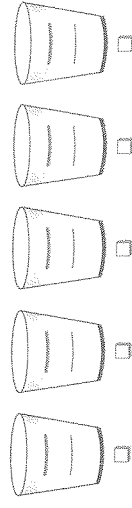
FOR EACH PACKET TAKEN SEPARATELY:

- 1 FILL** the dosing cup with **COLD WATER** up to the lower line (5 oz)
- 2 POUR** in the contents of 1 packet
- 3 STIR** for 3 minutes until powder is dissolved
- 4 DRINK** it ALL

PACKET 1
Afternoon before
Start _____ PM
(Between 4-6 PM)

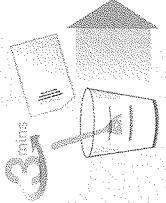


AFTER PACKET 1

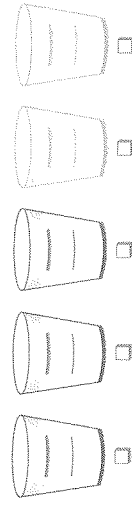


DRINK 5 8-oz (upper line) cups of clear liquid over the next 5 hours

PACKET 2
Night before
Start _____ PM/AM
(Between 10 PM-12 AM)



AFTER PACKET 2



DRINK AT LEAST 3 8-oz cups of clear liquid or more, as recommended by your doctor. You may continue hydrating up to 2 hours before your colonoscopy

HYDRATE

Drink your choice of clear liquids

DRINK clear liquids

- Water
- Clear broth
- Apple juice
- Ginger ale
- White cranberry juice
- Plain gelatin (NO red or purple)
- Frozen juice bars (NO red or purple)
- White grape juice

Remember to drink plenty of clear liquids to stay hydrated

DON'T drink anything you can't see through

- NO red or purple liquids
- NO alcohol
- NO milk or dairy

COLONOSCOPY INFORMATION (completed by healthcare provider)

Date _____

Time _____ AM/PM

INDICATION AND IMPORTANT SAFETY INFORMATION

PREPOPIK is a prescription medicine used by adults to clean the colon before a colonoscopy. PREPOPIK cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

• Do not take PREPOPIK if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestines (bowel perforation), a very dilated intestine (toxic megacolon), problems with the emptying of food and fluid from your stomach (gastric retention), or an allergy to any of the ingredients in PREPOPIK

• Tell your healthcare provider right away if you have any of these symptoms of a loss of too much body fluid (dehydration) while taking PREPOPIK: vomiting that prevents you from keeping down the additional prescribed amounts of clear liquids that you must drink after taking PREPOPIK, dizziness, urinating less often than normal, or headache

• PREPOPIK and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts (electrolytes) in your blood. These changes can cause abnormal heartbeats that can cause death, seizures (this can happen even if you have never had a seizure), or kidney problems. Your chance of having fluid loss and changes in blood

salts with PREPOPIK is higher if you have heart problems, have kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDs).

• The most common side effects of PREPOPIK include nausea, headache, and vomiting

Please see accompanying full Product Information, including patient Medication Guide.

These are not all the possible side effects of PREPOPIK. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088

QUESTIONS?

For additional resources, visit **PREPOPIK.com**. For customer service inquiries, call **1-888-FERRING (1-888-337-7464)**.

FERRING
PHARMACEUTICALS

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