

Asher Kornbluth M.D., James George M.D., Peter Legnani M.D., Michele Hunt RPA-C  
Phone: (212) 369-2490 Fax: (212) 831-3031

**COLONOSCOPY PREPARATION – PREPOPIK**

PATIENT NAME: \_\_\_\_\_ Chart #: \_\_\_\_\_

**APPOINTMENT LOCATION:**

\_\_\_\_ Carnegie Hill Endo: 1516 Lexington Avenue (98<sup>th</sup> Street) NY, NY 10029  
Phone:(212) 860-6300

**\*\* You must arrive 45 MINUTES prior to your appointment time to register\*\***

APPOINTMENT DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

\*\*\*\*\*

**PLEASE NOTE:**

- Do not take Aspirin one week before the procedure (Please check with your Primary doctor to confirm this).
- Do not take Iron products one week before the procedure.
- Avoid anti-inflammatory drugs (Advil, Motrin, Aleve, etc.) 1 day before the procedure.
- Please call us immediately if you are on Coumadin or Lovenox.
- Tylenol is ok to take up until the day before procedure.

FILL AT YOUR PHARMACY: PRESCRIPTION FOR PREPOPIK

**DIET TO FOLLOW: NO SOLID FOOD ON THE DAY BEFORE YOUR PROCEDURE. YOU MAY TAKE THE FOLLOWING ALL DAY:**

**ON THE DAY BEFORE COLONOSCOPY:**

Drink plenty of clear liquids- water, tea, coffee, broth, jello, fruit juice and carbonated drinks are included. **DO NOT TAKE RED LIQUIDS OR DAIRY**. Nothing should contain seeds or nuts.

**DRINK AT LEAST TWO (2) QUARTS OF THE ABOVE LIQUIDS ON THE DAY BEFORE COLONOSCOPY**

**DIRECTIONS FOR TAKING PREPOPIK AT 5PM**

- 1) Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup.
- 2) Pour in the contents of ONE (1) packet. Stir for 2-3minutes until dissolved. Drink entire contents.
- 3) Follow with FIVE (5) 8-ounce drinks of clear liquid, at your own pace, within the next 5 hours.

**DIRECTIONS FOR TAKING PREPOPIK AT 10PM**

- 4) REPEAT STEPS ONE AND TWO (Above)
- 5) Follow with at least THREE (3) 8-ounce drinks of clear liquid within 5 hours, before bed.

**NOTHING BY MOUTH THREE (3) hours PRIOR THE PROCEDURE. NOT EVEN WATER**

**You MUST have someone to accompany you to take you home after the procedure. Do not drive for 8 hours after the procedure.**

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT (212) 369 2490 AND WE WILL BE HAPPY TO HELP YOU.**

X \_\_\_\_\_ Please Sign and return instruction sheet of date of Procedure