

Dr. McCallum-Prepopik Bowel Preparation Instructions

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

At anytime should you have any questions about the instructions, please contact our office at (520) 327-3454 (during normal business hours) so a staff member can go over them with you.

5 DAYS BEFORE YOUR EXAM

- **STOP** taking all anticoagulants; Coumadin, Heparin, Lovenox, Plavix, Aggranox (if okay with your Primary Care Physician or Cardiologist). If you must continue them, please let us know.
- **STOP** any bulking agents; Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, & Iron Supplements.

3 DAYS BEFORE YOUR EXAM

- STOP EATING ALL Nuts, Seeds, Red Meat, Leafy Vegetables, Fruit Skins, Salads, Popcorn, Beans (all kinds), Corn, Tomatoes, Salsa, Corn Chips.
- YOU MAY HAVE: Pasta, Eggs, White Rice, Mashed and Sweet Potatoes, Chicken, Fish, White Bread, Cheerios, Pudding, Yogurt, Milk Shakes, Cheese, Creamy Soups, Oatmeal, Bananas, Peeled Apples and Applesauce.

DAY BEFORE YOUR EXAM-Clear liquid diet only.

- **Do not** take any oral diabetic medications the day before or the morning of your exam.
- **Insulin dependent diabetics** should take ½ the usual dose of Insulin the day before your exam and ½ the usual dose on the day of your exam. Continue to monitor blood sugar as usual.
- Take any heart and/or blood pressure medication as usual.

Drink as much of the clear liquid diet as you can throughout the day which includes; **Beverages-** Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc.), Gatorade, Kool-Aide, strained fruit juices w/o pulp (apple, white grape, lemonade, etc.), water, tea, or coffee. **No** milk or non-dairy creamer. No beverages that are red or purple in color. Soups-low sodium chicken or beef bouillon/broth. Desserts-Hard candies, Jell-O (lemon, Lime or orange; no fruit or toppings), or popsicles (no sherbets or fruit bars).

- Lunch and Dinner- LIQUID DIET ONLY Drink all the clear liquids you like. NO SOLID FOOD.
- Starting at _____ mix 1 pouch of Prepopik solution in 5oz of water, stir well until dissolved, drink the mixture. Over the next 2 hours drink at least five 8oz glasses of clear liquid.
- Continue to drink clear liquids until bedtime.
- Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur.

DAY OF YOUR EXAM-Clear liquids only as directed. NO solid food until exam has been completed.

- Starting at _____ mix 1 pouch of Prepopik solution in 5oz of water, stir well until dissolved, drink the mixture.
- Drink 3 glasses of clear liquid within 1 hour.
- Take any heart and/or blood pressure medications as usual.
- **STOP DRINKING CLEAR LIQUID 2 HOURS PRIOR TO YOUR EXAM. Nothing after _____.**
- **Please bring a list of your medications with you.**

*****YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR EXAM. WE REQUEST THAT YOUR DRIVER REMAIN DURING YOUR EXAM*****

****Our facility doors open at 6:30am. Should you be scheduled for an early morning procedure, please plan your arrival accordingly.****

Tucson Gastroenterology Specialists, PC
3040 N. Swan Road, Ste. B
Tucson, Arizona 85712
Phone (520) 327-3454 Fax (520) 327-3431
www.tucsongastro.com