

ARKANSAS GASTROENTEROLOGY

3401 Springhill Drive, Suite 400

North Little Rock, AR 72117

501.945.3343 Phone

501.945.9323 Fax

COLONOSCOPY PREP INSTRUCTIONS

PREPOPIK

If you are taking a **prescription blood thinner**, please call the prescribing physician to make sure you can stop these medications safely. You may continue to take one Aspirin per day. If you are unable to stop these medications, please call our office. Our guidelines are as follows:

- Please stop the following medications **5 days** prior to procedure: Plavix (Clopidogrel), Effient (Prasugrel), Brilinta (Ticagrelor), Pradaxa (Dabigatran etexilate), Aggrenox (Aspirin and dipyridamole), and Trentol (Pentoxifylline).
- Please stop the following medications **4 days** prior to procedure: Coumadin or Jantoven (Warfarin)
- Please stop the following medications **2 days** prior to procedure: Eliquis (Apixaban) and Xarelto (Rivaroxaban)

If you take **iron**, iron supplements or vitamins containing iron, please stop these **5 days** prior to your procedure. If you are a **diabetic**, please contact your doctor that follows your blood sugar for instructions. If you take **blood pressure, heart, or seizure medications**, take them as early as possible on the morning of your procedure. Take with a small sip of water. If you routinely take **narcotic pain medications**, please contact our office.

ON THE DAY BEFORE THE EXAM: You should be prepared to consume clear liquids all day throughout the day! The more liquids you drink, the better your prep will work. No solid food, no dairy products and no red, purple, or blue liquids or jello. You should follow this clear liquid diet for breakfast, lunch, and dinner. You may continue these liquids until midnight before the exam. **examples: Popsicles, broth, soda, clear juice, jello, coffee, tea, water.

- **Start prep using packet 1 between 2-4PM.** Step 1: Fill the dosing cup provided with cold water up to the lower (5 ounce) line on the cup. Step 2: Pour in the contents of one (1) packet. **The solution must be stirred for 3 minutes to activate. It should be effervescent (like Alka Seltzer) to ensure activation.** Drink the solution in its entirety. Step 3: Follow with five (5) 8 ounce drinks of clear liquid, within the next 5 hours.
- **Start packet 2 of prep between 8-10PM. (doses should be 6 hours apart)** Repeat Steps 1 and 2 as before. Follow with 3 (three) 8 ounce drinks of clear liquid before midnight.
- **DO NOT CONSUME ANYTHING AFTER MIDNIGHT** unless instructed otherwise.
- **SOMEONE MUST ACCOMPANY YOU TO YOUR APPOINTMENT TO DRIVE YOU HOME. IF YOU DO NOT HAVE A DRIVER, THE PROCEDURE CANNOT BE DONE.**

If you have questions, please call our office: 501-945-3343. After hours 501-663-6900

Your doctor:

CLIFT FERNANDEZ MURPHY BARTON KNAPPLE WOFFORD GOODWIN

Date: _____ Arrival Time: _____

_____ Springhill Surgery Center: 501-945-5800 3401 Springhill Dr. Ste 155 NLR, AR 72117

_____ North River Surgery Center: 501-834-5777 2209 Wildwood Ave Sherwood, AR 72120

**Steven A. Clift, M.D. Agustin Fernandez, M.D. Robert A. Murphy, M.D.
Gary M. Barton, M.D. Whit L. Knapple, M.D. Scott A. Wofford, M.D.
Johnathan D. Goodwin, M.D.**

Diplomates in Gastroenterology, American Board of Internal Medicine