



Satinder Gill, MD
Hiwot Desta, MD
Colleen Nappi, CFNP
Jessica Gandhi, PA-C

Prepopik Instructions

Transportation Policy

You will be given medications that will make it unsafe for you to drive following your exam. Therefore, you must have someone available to drive you home. A taxi or bus is not an appropriate form of transportation from our facility. However, we offer a list of services at your request.

Cancellation Policy

If you need to cancel or reschedule your procedure, you must notify us five (5) business days in advance. If you fail to do so, there may be a \$200 fee.

Instructions

Failure to follow any of the instructions below may result in the cancellation of your procedure. If so, a penalty of \$200 may be applied to your account.

1. *7 days prior to the exam, stop taking iron, fish oil and diet pills. Do not take any blood thinners such as Aspirin, Ibuprofen, Advil, Motrin and Aleve. If you are taking any blood thinners, please notify us. These may need to be temporarily stopped before your procedure. Tylenol is allowed.
- * If you take medications in the morning, it is okay to take them at least 4 hours prior to your procedure. Please consume a tiny amount of water just to get the pills down. We encourage our patients to take their medication in the morning, especially blood pressure pills.
- * If you have asthma and/or sleep apnea, please bring your inhaler and/or CPAP machine with you to the procedure.
- If you are scheduled at a location other than the Loudoun Endoscopy Group, anesthesia guidelines from the other facility may require you to have lab work and an EKG performed prior to the procedure. If so, you would have received additional instructions.
- Do not have a CT-scan with contrast within 5 days of your exam.
- * Avoid foods containing seeds, nuts or corn within 5 days of the procedure.
- Several days before your procedure, you'll receive a phone call confirming your appointment and a review of your insurance benefits. If you do not receive a phone call, please call our office to verify your appointment.
- * After midnight the night before your procedure, do not eat or drink anything.

*The Day of the Procedure:

Do Not Eat or Drink Anything. If You Do, There is A Risk of Aspiration with the Sedation. Therefore, Your Procedure May Be Canceled or Delayed. You May Resume a Normal Diet After the Procedure.

Prepopik Colon Prep: (Do Not Follow the Instructions on the Box)

From midnight _____ until midnight _____ you will be on a clear liquid diet only, no solid foods (the entire 24 hour day before your procedure). After midnight on _____ (the night before your procedure) you will remain NPO (nothing by mouth) until after your scheduled procedure.

Prep Instructions: Completed the Day before the Procedure (It is important that you follow the order below)

STEP 1: At 4:00 PM (the day before your procedure) _____ begin drinking the solution.

- Fill the dosing cup provided with your kit with COLD water (5 ounces) to the lower line on the cup.
- Pour the contents of ONE (1) packet into the cup of water. *Stir for 2-3 minutes until dissolved.
- Drink the entire contents.
- Within the next 5 hours, you MUST drink an additional 40 oz. of water. You may use the empty container as a measuring cup.

STEP 2: At 8:00 PM (the day before your procedure) _____ begin drinking the 2nd half of the solution.

- Fill the dosing cup provided with your kit with COLD water (5 ounces) to the lower line on the cup.
- Pour the contents of the second packet into the cup of water. *Stir for 2-3 minutes until dissolved.
- Drink the entire contents.
- Within the next 5 hours, you MUST drink an additional 24 oz. of water. You may use the empty container as a measuring cup.

Additional Information

You must drink the entire prep for the best results. Drinking plenty of water of water will also help. You can continue to drink clear liquids up until midnight. After midnight, though, nothing to eat or drink until after your procedure.

Clear liquids are transparent. Avoid liquids with a red dye. For additional information, including types of diets, please visit www.loudounslcenter.com

If you are having an emergency or do not start having any bowel movements 2 hours step 2, call (703) 723-3670 to reach the on-call provider.

To cancel or reschedule your procedure, please contact the procedure scheduler at ext. 206

For additional information, please visit our website, www.loudounslcenter.com. Follow the "Contact Us" tab to submit any questions; or ask our procedure scheduler at ext. 206.