**Prepokik Instructions**

*Discontinue diet medications 2 weeks prior to procedure.*

<table>
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<tr>
<th>7 days before procedure</th>
<th>2 days before procedure</th>
<th>Day before procedure</th>
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<tbody>
<tr>
<td>• Read all prep instructions.</td>
<td>• Avoid foods with nuts, seeds, raw vegetables, whole corn and fresh fruit.</td>
<td>• BEGIN CLEAR LIQUIDS FIRST THING IN THE MORNING!</td>
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<tr>
<td>• Make sure your physician has a list and dosage of your current medications including blood thinners.</td>
<td>• Limit red meat.</td>
<td>• NO SOLID FOOD, NO ALCOHOL</td>
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</table>
| • Report all defibrillator devices to the office in which your procedure was scheduled. | • It would be helpful if you drank a lot of fluids today. | **STEP 1**
| • Obtain bowel prep products from your pharmacy. | • Stop any anti-inflammatory medications (Motrin, Advil, ibuprofen, etc.). Tylenol is ok to use. | Beginning at ________ P.M. |
| • Stop herbals, vitamins, and oral iron supplements. | | • Fill the dosing cup provided with **cold** water up to the lower (5-ounce) line |
| • Confirm that you have a person to stay with you during your procedure and take you home. | | • Pour in the contents of ONE (1) packet and **stir for 2-3 minutes until dissolved** |

**STEP 2**

- Drink the entire contents

**STEP 3**

- Fill the dosing cup provided with **cold** water up to the lower (5-ounce) line
- Pour in the contents of ONE (1) packet and **stir for 2-3 minutes until dissolved**
- Drink the entire contents

**STEP 4**

- Follow with a **MINIMUM** of THREE (3) 8-ounce drinks of clear liquids.
- Finish all liquids at least 6 hours before your colonoscopy.

- Take insurance cards and a picture I.D.
- You must have a driver 18 years old or older. They must remain at the facility the entire time of your procedure. If you do not have a driver, your procedure will be cancelled.

*You may take your morning medications except blood thinners, and iron. You can take 1/2 of your usual insulin dose.*

**If you think the prep is not working, after 5 pm call 248-544-6959. Do not take more than the prescribed amount of bowel prep. A FEE APPLIES IF APPOINTMENTS ARE CANCELLED WITHOUT 48 HOURS NOTICE**
DAY OF EXAM:


☐ Providence Hospital: Go to the Main Entrance of Providence Hospital, 16001 West Nine Mile Road, Southfield, 248-849-3474. When you enter the building, go to the registration desk.

☐ Providence Park Medical Center: Go to the Outpatient entrance, 47601 Grand River Avenue, Novi, 248-465-4170.

☐ Michigan Endoscopy Center (MEC) at Providence Park: 47601 Grand River Avenue, Suite D, #110, Novi, 248-465-9220.

☐ Beaumont Hospital: Go the north entrance, 3601 West Thirteen Mile Road, Royal Oak, 248-551-5000. When you enter the building go to the registration desk.

☐ Beaumont West Bloomfield Center: 6900 Orchard Lake Rd, Lower Level, Suite 100, West Bloomfield, 248-406-2400.

☐ DMC Lahser Campus: Go the Endoscopy suite, 27207 Lahser Road, Suite 200A, Southfield, 248-359-5575.

☐ DMC/Sinai-Grace Hospital: Go to the main entrance, 6071 W. Outer Dr., Detroit, 313-966-3300. Take elevators to 4th floor. Follow sign to Endoscopy Unit.

☐ St. Mary Hospital: Go to South entrance to information desk, 36475 Five Mile Rd., Livonia, 734-464-8800.