

JAMES LEE, MD  
GASTROENTEROLOGY

1010 W. LA VETA AVE, STE. 570, ORANGE / 714-835-7700

**PROCEDURE LOCATION:**  
SJH OUTPATIENT PAVILION  
ENDOSCOPY CENTER 2<sup>ND</sup> FLOOR  
1140 W. LA VETA AVE, ORANGE  
714-744-8709

**PROCEDURE LOCATION:**  
MAIN STREET SURGERY CENTER  
280 S. MAIN ST. STE.100, ORANGE  
714-704-1900

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**PREPOPIK BOWEL PREPARATION INSTRUCTIONS**

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Scheduled for: Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_ a.m./p.m.

**One Week prior to procedure: Stop Iron and Vitamins with Iron**

**Two Days prior to procedure: Avoid nuts, popcorn, raw fruit, raw vegetables and salads.**

THE DAY PRIOR TO PROCEDURE START A CLEAR LIQUID DIET FROM THE MOMENT YOU WAKE UP: ACCEPTABLE CLEAR LIQUIDS IS ATTACHED.

**Dose1**

**STEP 1**

**The night before your procedure**

**Beginning at \_\_\_\_\_, Drink the 1<sup>st</sup> Dose.**

- Fill the mixing container with cold water up to the lower line on the cup (5-ounce).

**STEP 2**

- Pour in ONE (1) packet
- Stir 2-3 minutes until dissolved
- Drink the entire solution

**STEP 3**

- Drink FIVE (5) 8-ounce cups of clear liquid, taken at your own pace within the next 5 hours, before bedtime.

**Dose 2**

**DAY OF PROCEDURE:** Repeat STEP 1 and 2 shown above.

**3-5 HOURS PRIOR TO PROCEDURE:** Drink the second newly mixed prep solution. Followed with THREE (3) 8-ounce cups of clear liquids.

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT EXCEPT THE LAST DOSE OF THE PREP.**

**DAY OF THE PROCEDURE:**

You are to only take blood pressure medicines and heart medicines with a sip of water the morning of the procedure

**\*\*You must have a friend or relative drive you home from you procedure. No Public Transportation or Cabs can be used. The procedure will be cancelled if you fail to bring a driver with you  
You will be at the facility for approximately 3 hours**