

Instructions for Colonoscopy Preparation with Prepopik®

FOLLOW THESE INSTRUCTIONS FOR YOUR PREPARATION

Failure to take the prep as indicated below will result in a poorly cleansed colon and **cancellation** of the procedure. This is for your **safety** and to eliminate the possibility of having to repeat this procedure.

What You Will Need to Successfully Complete this Prep:

- One week prior to your procedure have your prescription for Prepopik® filled.
- Clear Liquids: Clear liquids consist of Jello, apple juice, tea, black coffee, clear broth, soda, water, lemonade, gatorade and popsicles or any liquid you can see through; **AVOID RED or PURPLE LIQUIDS**. Solid foods, milk, or milk products are **NOT ALLOWED**.

DAY BEFORE YOUR PROCEDURE:

- Drink only clear liquids for breakfast, lunch and dinner.

NIGHT BEFORE YOUR PROCEDURE:

STARTING at ____ pm the evening before your procedure

1. Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup.
2. Pour in the contents of ONE (1) packet.
3. Stir for 2-3 minutes until dissolved.
4. Drink the entire contents.
5. Follow with at least FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace within the next 5 hours, before bed. Remain close to toilet facilities as you will experience watery diarrhea.

DAY OF YOUR PROCEDURE:

- Continue clear liquid diet.
- Drink second part of your prep SIX (6) hours prior to your arrival time following steps 1-4.
- Within the next hour, follow with at least THREE (3) 8-ounce drinks of clear liquid.
- Do not drink anything FOUR (4) hours before your arrival time!!!

If you have any questions please call our office 860-347-4620.