

## Prepopik

This product is a medication that has been combined with a liquid diet for use as a bowel preparation for colonoscopy. It works very quickly-- the average time to first bowel movement is within 1 hour of drinking solution. You will *use the bowel preparation the day before your test*. It is very important for you to:

- **FOLLOW ALL THE STEPS COMPLETELY or your doctor may not be able to complete the exam.**
- **FIVE DAYS BEFORE YOUR EXAM DO NOT HAVE ANY NUTS, SEEDS, POPCORN, CORN OR SKINS OF RAW FRUIT OR VEGETABLES. ALSO STOP IRON SUPPLEMENTS 5 DAYS PRIOR. (MULTIVITAMIN WITH IRON MAY BE CONTINUED).**
- **The day before the exam you may have **clear liquids only**.**  
**DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS until after the exam is completed.**

### What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. **Please avoid red or purple colored liquids.**

Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

fruit juices	popsicle	Powerade	Pedialyte	water
Gatorade	7-Up, Sprite	bouillon	Kool-aid	tea, iced tea
lemonade	broth(beef, chicken)	coffee	Jell-O (no fruit)	

**You are not allowed to have any alcohol 24 hours before or after the test.**

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colonoscopy prep process. **We recommend that you have at least 20 oz of Gatorade during the preparation period.**

### Step 1: At \_\_\_\_\_ PM the day before your exam

- Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup
- Pour in the contents of ONE (1) packet
- Stir for 2-3 minutes until dissolved
- **Drink the entire contents**
- Follow this with FIVE (5) 8-ounce drinks of clear liquid over the next five hours



### Step 2: At \_\_\_\_\_ PM the day before your exam (6 hours after the first dose)

- Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup
- Pour in the contents of ONE (1) packet
- Stir for 2-3 minutes until dissolved
- **Drink the entire contents**
- Follow this with THREE (3) 8-ounce drinks of clear liquid over the next five hours or before bedtime

Of course, you must follow a special diet to prepare for a GI procedure but, in addition to that, we ask you to fast the day of the procedure. **Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco, not even water after a specified time.** This is necessary due to the sedation, or anesthesia, that will be used during your test. While you are sedated, or sleeping, fluid from your stomach may be aspirated, or move into your lungs. This can be very dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk and help prevent complications.

The morning of the procedure take your Heart, breathing, seizure and blood pressure medications with a few sips of water.