

Prepopik Split Prep

This product is a prescription medicine called a bowel preparation. It works very quickly. The average time until the first bowel movement is within one hour of drinking the solution. *You will use the bowel preparation the day before and the day of your test.* It is very important for you to **FOLLOW ALL OF THE STEPS COMPLETELY** or your doctor may not be able to complete the exam.

- 5-days before the exam: avoid nuts, seeds, corn, popcorn, and skins of raw fruits and 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.**
No milk, cream or solid food is allowed.

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 (orange juice) are permitted.

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

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process.

We recommend that you have at least 20 oz of Gatorade while preparing for your exam.

You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

Step 1: Starting at 7pm the night before the procedure:

- 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, taken at your own pace within the next 5 hours, before bed.



Step 2: Starting at _____ the morning of your procedure:

- 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 at least THREE (3) 8-ounce drinks of clear liquid finishing 4 hours before the colonoscopy

Fasting Time _____ **AM PM**

Arrival Time _____ **AM PM**

Procedure Time _____ **AM PM**

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.