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Begin your prep the day before the scheduled colonoscopy:

Test date: \_\_\_\_\_ Arrival time: \_\_\_\_\_

**Prepopik** is a prescription medicine used by adults to clean the colon before a colonoscopy.

In the box you will find:

- One (1) dosing cup
- Two (2) packets of Prepopik powder
- Complete Product Information for your reference

The day before your colonoscopy, your diet for the full day should consist of only **CLEAR FLUIDS**. Examples of clear liquid are water, clear broth (chicken, beef, vegetable, etc.) , clear juices (apple, white grape, white cranberry, etc), sodas, teas, jello (not red or purple in color), sports drinks such as Gatorade, fruit ices or frozen fruit bars. **Avoid** alcoholic beverages, beverages with red, pink, or purple dyes, or fluids you cannot see through.

**CONSUME PLENTY OF CLEAR FLUIDS PRIOR TO YOUR 4 PM PREP DOSE.**  
**GOOD HYDRATION IS IMPORTANT FOR THE EFFECTIVENESS OF THIS PREP**

Packet #1: Take at about 4 or 5 PM

- Step One :     Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup
- Step Two :     Pour the contents of ONE (1) packet. Stir for 2-3 minutes, until dissolved. The solution may feel warm. This is normal. Drink the entire contents.
- Step Three:    Follow with at least FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace, within the next 5 hours.

Packet #2: Take at about 9 or 10 PM

Repeat the above steps ONE and TWO

Step Three:    Follow with at least THREE (3) 8-ounce drinks of clear liquid, taken at your own pace, within the next 5 hours.

Check out the video instructions at the PREPOPIK website: <http://www.prepopik.com>

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You should be on an empty stomach after midnight , and no water or fluids for at least FOUR (4) hours before your examination.

If not discussed previously, ask us about use of blood thinners such as aspirin, etc

You may be recommended to take certain medicines such as heart or blood pressure medicines with a sip of water on the morning of the exam.

***If you have a tendency toward constipation, you would be advised to take OTC laxative such as milk of magnesia or magnesium citrate the evening prior to your prep day to enhance your prep.***