

# PREPOPIK

## COLONOSCOPY PREP

**Get from the pharmacy: Rx for Prepopik**

THE DAY BEFORE THE PROCEDURE:

- START A **CLEAR LIQUID DIET** WHEN YOU GET UP IN THE MORNING  
(SEE THE FOLLOWING LIST)

FOOD ALLOWED ON A CLEAR LIQUID DIET	
BEVERAGE	Water, Coffee, Tea, Carbonated beverages, Apple Juice, White grape Juice, warm or cold flavored gelatin, fruit flavored drinks and powders{ Gatorade, Country time, Crystal light, Kool-Aid}
SOUP	Fat free broth or bouillon
DESSERT	PLAIN fruit flavored gelatin, Popsicles, slushes, ices, hard candy, jelly beans
CONDIMENTS	Sugar, Artificial sweeteners, Non-fat/non dairy, liquid or powdered creamers {Coffemate, Creamora}
FOODS NOT ALLOWED	
	NO SOLID FOOD
	NO dairy products: cheese, milk, half&half, Slim Fast, Glucerna, Boost, Ensure
	NO purple or red colorings ORANGE coloring IS ACCEPTABLE
	NO alcoholic beverages

**5 PM** – Fill the dosing cup provided in the box with cold water to the lower line on the cup. (This is the 5 ounce line) Open 1 packet and pour the contents into the cold water in the dosing cup. Stir the mixture for 2-3 minutes. This will dissolve the powder.

- **Drink the entire contents of the dosing cup**
  - You should have BM's within 30 – 60 minutes
  - Bloating will occur, it will pass. Walk around the house or rock in a chair to relieve bloating
  - If you get nauseated take a 10 -20 minutes break
- **In the next 5 hours DRINK (5) 8 OUNCE GLASSES of any clear liquid.** (The top line on the dosing cup equals 8 ounces)
- Continue drinking clear liquids of your choice until you go to bed
- Take any prescribed PM medications when your BM's slow down

THE MORNING OF THE PROCEDURE:

\_\_\_\_\_ 5 hours before leaving the house you will mix the second packet of the Prepopik. Fill the dosing cup provided in the box with cold water to the lower line on the cup. Open the packet and pour the contents into the cold water in the dosing cup and stir the mixture for 2-3 minutes to dissolve the powder.

- **Drink the entire contents of the dosing cup**  
**In the next 3 hours drink (3) 8 ounce glasses of any clear liquid**

<b>6 hours</b> before leaving the house-- No candy, mints, jelly beans or chewing gum
<b>12 hours</b> before your procedure -- No smoking
<b>3.5 hours</b> before leaving the house-- take regularly prescribed medications with a small amount of water. DO NO TAKE diabetic medication, potassium pills or diuretics (water pills)
<b>3 hours</b> before leaving the house—DO NOT drink any more liquids! Nothing by mouth

- ARRIVE TO: \_\_\_\_\_ AT \_\_\_\_\_ TO  
COMPLETE YOUR PREPARATION PRIOR TO THE PROCEDURE.

Miscellaneous

- ✓ Contact your Primary Care physician, if necessary, for any adjustments in your medications, i.e. blood thinners, diabetic medication. (Please refer to list of medications to stop prior to a procedure) 2014