



Prepopik PM - Colonoscopy Preparation Instructions

Appointment Date: **Check In Time:**

Procedure Performed by:

You will need:

- Your Prepopik bowel prep. Please pick up ahead of time. This prescription was sent to your pharmacy when your procedure was scheduled.
- **Optional** for those with constipation: Dulcolax (Bisacodyl) laxative 5mg tablets available in the laxative section of your pharmacy.

Special Medication and Diabetic Directions: See separate instructions.

On (date) (One week before)

Stop taking iron pills, vitamins or herbal supplements in the pill form.

Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

On (date) (Two days before)

Stop taking fiber supplements: Metamucil, Citrucel, etc.

Optional: If you are generally constipated, you should take 2 (5mg) Dulcolax tablets at bed time.

On (date) (1 Day before)

Morning: Begin clear liquid diet (all day).

NO SOLID FOOD. You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

6:00 PM - evening before procedure:

STEP 1: FILL the dosing cup with **COLD WATER** up to the lower line (5 oz)

STEP 2: POUR in the contents of 1 packet

STEP 3: STIR for 3 minutes until powder is dissolved

STEP 4: DRINK it ALL

Over the next hour **drink 2 additional 16 oz. glasses of water.** (Hydration is very important)

DO NOT EAT OR DRINK WITHIN 4 HOURS OF YOUR PROCEDURE!

Day of your colonoscopy at 7:00 AM

STEP 1: FILL the dosing cup with **COLD WATER** up to the lower line (5 oz)

STEP 2: POUR in the contents of 1 packet

STEP 3: STIR for 3 minutes until powder is dissolved

STEP 4: DRINK it ALL

Over the next hour **drink 2 additional 16 oz. glasses of water.** (Hydration is very important)

Day of your colonoscopy ***DO NOT EAT OR DRINK WITHIN 2 HOURS OF YOUR PROCEDURE!***

- **No Solid food** today before your procedure. Only Prepopik and clear liquids are OK until 2 hours before your procedure. No food or water by mouth for the 2 hours prior to your procedure. Including but not limited to: bowel prep, medications, hard candy, chewing gum and chewing tobacco.
- Take your regular morning medications at least 4 hours before your appointment.
- Bring a responsible adult who will be on site during your procedure.

- If you do not follow all these instructions, we will cancel your appointment and you will pay a \$100 cancellation fee.
- If you have questions, please call 503-399-7520 option #2