

HOW TO TAKE PREPOPIK

Day-Before

Begin a clear liquid diet (no solid food) the day before your colonoscopy-and remember to stay hydrated!

****Optional 2:00 TIGAN (anti-nausea medication) 1 Tablet****

FOR EACH PACKET TAKEN SEPARATELY:

1 FILL the dosing cup with cold water up to the lower line (5 oz.)

2 POUR in the contents of 1 packet

3 STIR for 2-3 minutes until powder is dissolved

****IMPORTANT TO MIX THOROUGHLY FOR SPECIFIED TIME****

4 DRINK it all



Date: _____ Time _____

Address _____

PLEASE ARRIVE 30 MINUTES PRIOR TO APPOINTMENT TIME

Night before= Packet 1 Start ____:____ PM

Take 4 Dulcolax tablets@ _____



After first package **DRINK** 5 8oz.cups of clear liquid over the next 4 hours.



After second package **DRINK** 3 8oz.cups of clear liquid over the next hours.

Morning of = Packet 2 Start ____:____ AM

(5 hours before procedure)

AFTER THAT NO MORE LIQUIDS

REMEMBER TO DRINK PLENTY OF CLEAR LIQUIDS TO STAY HYDRATED

DON'T drink anything you can't see through

DRINK clear liquids

- *Water
- *Clear broth
- *Apple juice
- *Ginger ale
- *White cranberry juice
- *Plain gelatin (*no* red or purple)
- *Frozen juice bars (*no* red or purple)
- *White grape juice
- *Coffee / Tea (Black)
- *Gatorade/Lemonade/Ice Tea

- **No** red or purple liquids
- **No** alcohol
- **No** milk or dairy

If you are taking any **PLAVIX, ASPIRIN, COUMADIN** or any other blood thinning medications, stop taking 5 days prior to procedure.

You **MUST** have someone pick you up from the procedure unit. You will be sedated and may need some assistance. You may **NOT** drive or go to work after the procedure. The test will **not** be performed if you don't have someone with you.

If for any reason you are unable to keep your appointment for the test please inform the office before the Friday prior to the test to avoid \$125.00 cancellation fee.

THE WEEK BEFORE THE TEST AVOID THE FOLLOWING FOODS: RED MEAT, RAW FRUITS, VEGETABLES AND SALAD, COOKED AND CANNED ARE OK.

FOLLOW UP APPOINTMENT

4982 Hylan Blvd. _____