**Prepopik Bowel Prep Instructions**

Procedure Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrival Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Day Before Procedure

1. You will be on a clear liquid diet for the entire day. Clear liquids include: water, black coffee (no creamer) or tea, clear fruit juices, sports drinks, light soup, broth or bouillon, jello, popsicles. **PLEASE REMEMBER THAT YOU MAY NOT HAVE ANYTHING RED, PURPLE, OR DAIRY.**
2. At \_\_\_PM mix your first dose of your prep. Pour one packet of Prepopik into the provided cup. Fill with 5 ox of water. Stir 2-3 minutes, then consume mixture.
3. Following the first dose, consume at least 5- 8 oz glasses of water withing two hours after drinking the Prepopik mixture.

The Day of Procedure

1. Repeat steps 2-3 at \_\_\_\_\_AM.

\*\*\*Please **drink lots of water (about 1-2 gallons)** while doing your prep, and throughout the day. The more you drink the cleaner your colon will be, and **you won’t have to repeat the procedure.\*\*\*** You may drink small amounts of water on the morning of the procedure. **YOU MUST STOP DRINKING ANYTHING 3 HOURS PRIOR TO ARRIVAL TIME.**

SPECIAL INSTRUCTIONS for patients on diabetic, blood thinning, blood pressure, thyroid, and seizure medications:

* If you take insulin, use half of your regular dose the morning of the procedure, unless instructed otherwise.
* If you take diabetic pills, do not take the pills on the morning of the procedure.
* Stop taking Aspirin one week prior to the procedure.
* Stop taking Coumadin, Plavix, fish oil, iron supplements and/or vitamin E four days prior to the procedure.
* If you usually take MORNING doses of blood pressure, thyroid, or seizure medications, take the medication(s) with a sip of water on the morning of the procedure.

PLEASE BRING THE FOLLOWING WITH YOU TO THE PROCEDURE CENTER:

* Insurance card(s)
* Picture ID
* All of your current medications
* A driver other than a taxi or public transportation
* Allow approximately 3-4 hours to be at the procedure center.