

Prepopik

Seven Days Prior to Your Colonoscopy

- ✓ Stop taking Aspirin and NSAID's (Ibuprofen, Naprosyn, Mobic, Advil, Motrin, Aleve, Excedrin etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids and Lovaza)
- ✓ If you are on Coumadin (Warfarin), Plavix (Clopidogrel), Pradaxa (dabigatran) , Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel) or any other blood thinner -discuss with your Primary Care Doctor when these medications should be stopped
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure

Three Days Prior to Your Colonoscopy

- ✓ Eliminate Nuts, Seeds, Salads, Skins of Fruits, Vegetables and Fiber supplements from your diet
- ✓ Fill your Prepopik prescription
- ✓ Purchase a box of baby wipes (moist wipes)
- ✓ Purchasing a big wide straw (like you would use for a milkshake) can make drinking the solution easier

**Preparation Times

- ✓ You should begin your **Clear Liquid Diet AT _____ the day before the test.**
- ✓ At _____ **the day before the test**, fill the dosing cup (contained in the Prepopik box) with cold water up the lower (5 ounce) line on the cup. Pour in the contents of ONE (1) packet of the Prepopik. Stir for 2-3 minutes until dissolved. Drink the entire contents. Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace, with the next 5 hours. You may use the same dosing cup contained in the Prepopik box. Please make sure you are filling the dosing cup to the 2nd line, which is your 8-ounce mark. Do this FIVE times.
- ✓ At _____, fill the dosing cup with cold water up the lower (5 ounce) line on the cup. Pour in the contents of ONE (1) packet of the Prepopik. Stir for 2-3 minutes until dissolved. Drink the entire contents. Follow with THREE (3) 8-ounce drinks of clear liquid, taken at your own pace, with the next 2 hours.
- ✓ **To ensure a complete and thorough examination, complete the bowel preparation as stated above.** You may experience **Abdominal Cramps** and **Lightheadedness**—if this happens Lie Down, Elevate Your Feet, Place Cold Compress on your head and Drink Water
- ✓ After going to the bathroom, use only the baby wipes (moist wipes) to prevent irritation

The Day Of The Colonoscopy

- ✓ **AT least 3 hours prior** there is **NO further drinking or consuming clear liquids. You must be completely fasting at this point**
- ✓ Unless otherwise instructed by your doctor, you may take all your **prescription** medications with a sip of water. If you have Lung Problems and use inhalers or a CPAP machine, please bring them with you
- ✓ Do not smoke the day of the procedure
- ✓ You must arrive **15 MINUTES** prior to the scheduled procedure.
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- ✓ Because of the medication you will receive during the procedure, **someone must accompany you home.** For the remainder of the day you will be required to rest at home and not operate a vehicle.

Clear Liquid Diet

This diet consists of food products that are clear (things you can see through). The purpose of this type of diet is to limit the amount of food residue in the colon in order to be able to thoroughly examine the colonic wall during your colonoscopy.

Food Category	ALLOWED
Beverages	Water, Tea or Coffee(without milk), Apple Juice, Grape Juice, Soda, Ginger Ale, Gatorade, or other Clear Drinks
Desserts	Plain Jell-O (no red color), Water Ices (Italian Ices), Popsicles
Soups	Fat Free Broth, Fat Free Bouillon, Fat Free Consommé
Sweets	Hard Candy, Honey, Sugar

The above diet should be **followed strictly** in order to help ensure a thorough colonoscopic exam. No other foods are allowed with this diet, some examples of foods NOT allowed are listed below.

NOT ALLOWED
Milk, Cheese, Breads, Ice Creams, Sherbet, Eggs, Fruits, Vegetables, Meat, Poultry, Fish

Sample Meal Pattern

Breakfast: 1 glass of apple juice, 1 cup of Jell-O, 1cup of tea with sugar
10am Snack: 1 glass of ginger ale, 1 cup of Jell-O
Lunch: 1 cup of chicken broth, 1 glass of carbonated beverage
3pm Snack: 1 cup of tea with sugar, 1 cup of Jell-O
Dinner: 1 cup of vegetable consommé, 1 glass of fruit Juice
8pm Snack: 1 cup of Italian ice, 1 cup of Jell-o

✚ Remember, always keep yourself well hydrated