



PREPARATION FOR MORNING COLONOSCOPY (Before 12pm) Prepopik



Diet

The day **before** the colonoscopy, you must be on a **CLEAR LIQUID DIET**. Clear liquid diet consists of plenty of water, tea, fruit juices **WITHOUT** pulp (like apple juice), Gatorade, clear soft drinks, clear broth and jello (**Please no red or purple jello**).

You should take all your medications as usual with water with the exception of **aspirin** or **iron** supplement. **If you are diabetic**, and take Insulin or diabetic medication, take only half the dose you normally take.

Nothing to eat or drink after 12:00 midnight.

Medication

Please purchase **Prepopik** from the pharmacy (prescription is provided). The box of **Prepopik** contains two packets of the bowel prep and 1 dosing cup.

STEP ONE: At **5pm** on the night before your procedure, fill the dosing cup with **COLD** water up to lower (5 ounce) line and pour the contents of **ONE** packet into the dosing cup. **Stir for 2-3 minutes until the powder dissolves.**

STEP TWO: Drink **ALL** the liquid in the container. Then, drink **FIVE (5)** more cups full of water poured to the upper (8 ounce) line over the next 1-3 hours.

STEP THREE: At **9pm** on the night before your procedure, fill the dosing cup with **COLD** water up to lower (5 ounce) line and pour the contents of **ONE** packet into the dosing cup. **Stir for 2-3 minutes until the powder dissolves.**

STEP FOUR: Drink **ALL** the liquid in the container. Then, drink **FIVE (5)** more cups full of water poured to the upper (8 ounce) line over the next 1-3 hours.

Continue on clear liquid diet until midnight.

NOTHING to eat or drink after 12:00 midnight, and **NOTHING to eat or drink** the day of the procedure except **SPECIFIED** medications. **Diabetics** should hold their morning dose and check a finger stick before coming for their procedure.

Mild nausea, fullness, and abdominal discomfort are not unusual.

If you have any questions regarding the preparation, please do not hesitate to call the office.