Colonoscopy Prepopik Preparation and Instructions

Please follow these instructions carefully. This will avoid having to reschedule if you are not fully cleaned out. You will be called the week prior to verify your appointment and answer any questions you may have.

If you experience nausea during this preparation, take a 45-minute break, then resume drinking the prep.

**5 Days Before Your Colonoscopy**

You will need to obtain a prescription from your physician. Please pick up a prescription for Preopik from your pharmacy.

**1 Day Before Your Colonoscopy**

Do not eat solid foods. Drink clear liquids only (nothing red, blue, or purple).

You may drink these clear liquids

- Water
- Popsicles
- Clear fruit juices such as apple or white grape
- Coffee or tea without cream or dairy
- Gatorade
- Soft drinks, lemon, iced tea Crystal Light
- Plain flavored or unflavored Jello (no red, blue, or purple)

**5 pm**

- Fill the dosing cup with COLD WATER up to the lower line (5 oz)
- POUR in the contents of one packet
- STIR for 3 minutes until powder is dissolved
- DRINK it all
- Drink 5 8 oz cups of clear liquids over the next 5 hours
Day of Your Colonoscopy
Do not eat solid foods. Drink clear liquids only until 2 hours prior to your procedure.

5 Hours before scheduled colonoscopy
- Fill the dosing cup with COLD WATER up to the lower line (5 oz)
- POUR in the contents of one packet
- STIR for 3 minutes until powder is dissolved
- DRINK it all
- Drink at least 3 8 oz cups of clear liquids

2 Hours before scheduled colonoscopy
- Stop all liquids 2 hours before your scheduled colonoscopy time
- Do NOT eat solid foods

Morning medications can be taken with a TINY amount of water EXCEPT diabetic patients who will need to call their primary care provider for instructions.

Please remember
- Arrive at the time indicated on the front of this pamphlet.
- Have a responsible person adult driver to take you home and stay with you.