



THE MEDICAL GROUP
OF SOUTH FLORIDA, INC.

Prepopik Prep

STEP 1: THE DAY BEFORE YOUR PROCEDURE:

- At **7:00am** begin drinking clear liquids from the moment that you wake up. Drink 8oz of fluids every hour to prevent dehydration. **Please take all your normal medications.**

STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS 10:30 AM OR EARLIER:

- At **5:00pm**, fill the dosing cup provided with cold water up to the lower (5 oz) line on the cup.
- Pour the contents of ONE (1) Packet and *stir for 2-3 minutes* until dissolved. Drink the entire contents of the cup.
- Follow with FIVE (5) 8-ounce glasses of clear liquids of your choice (except no red dye), taken at your own pace within the next 5 hours.
- At **11:00pm**, repeat steps **A** and **B**.
- Follow with THREE (3) 8-ounce glasses of clear liquids of your choice (except no red dye) within the next hour. **After 12:15 am (midnight) nothing more to eat or drink.**

STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS AFTER 10:30 AM:

- At **8:00pm**, the evening before your test, fill the dosing cup provided with cold water to the lower (5 oz) line on the cup.
- Pour the content of ONE (1) packet and *stir for 2-3 minutes* until dissolved. Drink the entire contents of the cup.
- Follow with FIVE (5) 8-ounce glasses of clear liquids of your choice (except no red dye), taken at your own pace within the next 5 hours.
- At **6:00am**, repeat steps **A** and **B**.
- Follow with (3) three 8-ounce glasses of clear liquids of your choice (except no red dye) within the next hour. **After 7:15am, nothing more to eat or drink (except morning meds).**

***** IF YOU ARE DIABETIC TAKE NO ORAL DRUGS THE DAY BEFORE AND THE MORNING OF YOUR PROCEDURE. IF YOU TAKE INSULIN TAKE ½ DOSE OF INSULIN THE DAY BEFORE THE TEST AND NONE THE DAY OF TEST.*****

IF YOU ARE ON BLOOD THINNERS PLEASE ASK YOUR PHYSICIAN ABOUT STOPPING THEM

Also: The morning of your procedure: THIS IS IMPORTANT!

- Take all heart and blood pressure medicine with a small sip of water
- Take asthma medication
- Take all morning medications with a small sip of water