Prepopik Prep

STEP1: 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:

A. At **5:00pm**, fill the dosing cup provided with cold water up to the lower (5 oz) line on the cup.
B. Pour the contents of ONE (1) Packet and *stir for 2-3 minutes* until dissolved. Drink the entire contents of the cup.
C. 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.
D. At **11:00pm**, repeat steps **A** and **B.**
E. 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:

A. 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.
B. Pour the content of ONE (1) packet and *stir for 2-3 minutes* until dissolved. Drink the entire contents of the cup.
C. 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.
D. At **6:00am**, repeat steps **A** and **B.**
E. 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**).

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*** 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