

Prepopik Bowel Preparation Morning Procedure

Importance of DRINKING LIQUIDS during the bowel preparation process

During bowel preparation you will lose significant amounts of fluid. THIS IS NORMAL. It is very important that you replace this fluid to prevent dehydration. Drink large amounts of clear liquids. Drinking large amounts of clear liquids also helps ensure that your bowel will be clean for the examination. A completely clean colon may help avoid the need for a repeat exam.

Read carefully.

Follow the steps listed below

Purchase from Drugstore.

Prepopik from pharmacy

Note: Additional clear liquids (no solid food or milk) must be consumed after every dose.



DAY BEFORE EXAM

Do not eat the day before and day of procedure, **Clear liquids only** (see list)⇒ **Keep Hydrated all day.**



AVOID ALL DAIRY PRODUCTS

Make a conscious effort to drink as much as you can before, during, and after the preparation.

ALL DAY LONG

CLEAR LIQUIDS DIET LIST

(DO NOT DRINK ANYTHING COLORED RED OR PURPLE)

Water, tea or coffee

(no milk or non-dairy creamer)
sweeteners are o.k.

Soft drinks (7-up, cola, ginger ale, orange, Sprite, etc.)
Gatorade, Propel, Kool-Aid, lemonade.

Strained fruit juices; without pulp.
(apple, white cranberry, orange, white grape, etc.)

Low sodium chicken or beef bouillon/broth
Hard candies, Jell-O, Popsicles
NO sherbets or fruit bars

Evening before procedure, Split Dose (1-Day) Regimen

4:00 p.m. First dose: (You may vary times by 2 hours - between 4:00 to 6:00 pm)

1. Reconstitute the PREPOPIK powder right before each administration. Do not prepare the solution in advance. Fill the supplied dosing cup with cold water up to the lower line (5-ounce) on the cup and pour in the contents of one packet of PREPOPIK powder. Stir for 2 to 3 minutes. The reconstituted PREPOPIK solution may become slightly warm as the powder dissolves. Drink solution.
2. Drink five (5) 8oz. glasses of clear liquids every 15 minutes
3. Additional fluids **must** be consumed after every dose in both dosing regimens.

6 hours after 1st dose

10:00 p.m. to 12:00 a.m. Second dose:

1. Repeat steps 1 & 2 above
1. Additional fluids **must** be consumed after every dose in both dosing regimens.

NOTHING TO DRINK AFTER 1:30 a.m., or before procedure in the morning!!!

For more information see product website: <http://www.prepopik.com/how-to-take-prepopik/>

For coupon and patient support see website: <http://www.prepopik.com/savings-and-support/>