

Prepopik® Bowel Prep

Instructions for Colonoscopy Prep

****READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO YOUR PROCEDURE
DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR**

Your physician will provide you with a prescription and you will need to obtain the Prepopik® laxative from your pharmacy.

Note: Individual responses to laxatives vary. This laxative prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.** If you suffer from chronic constipation, please take two (2) Ducolax® tablets, or other comparable over-the-counter laxative, the day before starting clear liquids.

MANUFACTURER'S INSTRUCTIONS MAY DIFFER, PLEASE FOLLOW THE INSTRUCTIONS BELOW.

Multiple bowel movements may irritate the anal area, clean thoroughly after each bowel movement to prevent irritation.

A diaper rash ointment may be used, if desired. However, do not wear ointment to appointment.

*** Blood Thinners - contact Kayla, at physician's office, if you take prescription blood thinners at home.**

Discontinue any fiber supplements (Metamucil, Citrucel, Fibercon, etc.) at least five (5) days prior to your procedure.

If you take Alli, or eat foods containing Olestra, please stop until after your procedure.

DAY BEFORE COLONOSCOPY - CLEAR LIQUIDS ONLY

1) Drink only "clear liquids" for breakfast, lunch and dinner. **Solid foods, milk or milk products are NOT allowed until after your procedure.**

Consume at least 2 liters of any combination of the following "CLEAR LIQUIDS":

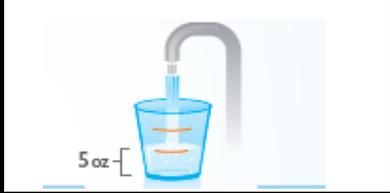
- Slush, Iced, popsicle (no red colors)
- Clear broth, bouillon, or clear soup (no noodles)
- Gatorade, Kool-Aid, other fruit flavored drinks (no reds)
- Strained fruit juices without pulp (apple, white grape, lemonade)
- Plain jello (no reds) without fruit or toppings

- Water
- Coffee, tea (no creamer or milk)
- Carbonated & non-carbonated sodas
- Clear ensure
- Ice

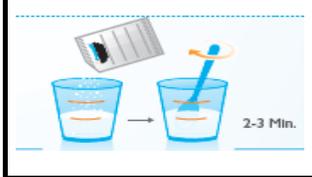
2) Take your usual medications. **Follow physician's instructions regarding blood thinners.**

3) **At 7:00 PM:**

Step One: Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup.



Step Two: Pour in the contents of ONE (1) packet and stir 2-3 minutes until dissolved. Drink the entire contents.



Step Three: Follow with FIVE (5) 8-ounce clear liquid drinks, taken at own pace, over next 5 hours, before bed.



~ Feelings of bloating, abdominal fullness, cramping and nausea are common. This is temporary and should subside once bowel movements have begun.

~ Please stay close to the toilet facilities after drinking the solution.

DAY OF EXAMINATION - Clear liquids only until after the procedure

1) Four (4) hours before you must leave for your appointment:

Repeat steps one and two above:



Follow with at least THREE (3) 8-ounce drinks of clear liquid within 2 hours.



2) It is important to have finished your prep and the following clear liquids within that 2 hour time frame. After you have finished it, **DO NOT DRINK ANYTHING ELSE UNTIL AFTER YOUR PROCEDURE.**

3) **Take heart and blood pressure medications as normal. Do NOT take diuretics. Consult with prescribing physician about diabetic medications. Follow physician's directions regarding blood thinners.**

4) Arrive for your colonoscopy at your scheduled time. The average length of stay is approximately 2 hours.

NOTE: The laxative prep is intended to evacuate your colon. Ideally your bowel movements, prior to leaving for your procedure, should be fairly clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If your bowel movements are dark or have substance, please give yourself one or two Fleets® enemas or call office for additional instructions.