

Prepopik Instructions (Dr. Marcel)

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY:

1. Please avoid non-steroidal anti-inflammatory drugs (Advil, Motrin, Ibuprofen, Aleve, Naproxen, etc.) 7 days prior to the procedure.
2. Please avoid aspirin products 7 days prior to the procedure, unless you require aspirin for coronary artery disease, atrial fibrillation, or you've had a TIA or stroke.
3. If you are on Coumadin, Plavix, Pradaxa or any other blood thinners, then please notify our office at least 10 days prior to the procedure.
4. Please have someone available to drive you home, as you will be receiving sedation and will not be able to drive. Public transportation such as a bus or taxi cab is not permitted.

The day **before** your procedure:

1. Please use a clear liquid diet all day
 - * **Water**
 - * **Fruit juice without pulp**
 - * **Lemonade**
 - * **Coffee or tea, without cream, milk, or nondairy creamer**
 - * **Chicken broth**
 - * **Jello-O (No red or purple)**

Prepopik Day-Before Dosing Regimen (Alternative Method)

Packet One

- Take the first dose in the afternoon (between 12:00 – 1:00 PM) before the colonoscopy
- Use cup to mix 1 packet of powder with 5 oz of **water**
- Stir contents for 2-3 mins until dissolved (**the solution will change from cloudy to clear**) and drink entire contents
- Follow with at least Five (5) 8 oz drinks of clear liquid (40 oz total), taken at own pace within the next 5 hours

***Clear fluids that contain electrolytes are a great option!**

Packet Two

- Take the second dose later in the evening (Ex: Between 7:00 – 8:00 PM), the night before the colonoscopy

