

COLONOSCOPY PREPARATION INSTRUCTIONS USING PREPOPIK

Patient Name: _____ Doctor: _____

Facility where procedure is to be performed: Southeast Valley Endoscopy Center

Date: _____ Check-in at _____ a.m./p.m. with procedure to follow an hour later.

If you have questions, please contact your doctor's scheduler _____ at 480-899-9800.

Fill prescription for **PREPOPIK BOWEL PREP KIT** at your pharmacy.

FOR THE ENTIRE DAY BEFORE YOUR TEST, FOLLOW A CLEAR LIQUID DIET. NO SOLID FOODS MAY BE EATEN! Please drink at least 32 ounces of clear fluids over the course of the day before beginning the prep. Clear liquids include water, clear juice such as apple juice/white cranberry juice, tea, coffee, soda, clear broth, Jell-O, popsicles and Gatorade (**no red or purple products**). *Please do not consume milk, milk products, non-dairy creamer, or alcoholic beverages.*

WHEN TO DRINK THE LAXATIVE SOLUTION:

If your check-in time is 9:30 a.m. or earlier:

- At **4:00 p.m. on the day before your colonoscopy**, fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the entire contents of ONE (1) packet and **stir for 2-3 minutes until clear liquid**. Drink the entire contents. Follow with **FIVE (5)** 8-ounce drinks of clear liquid within the next 2-3 hours. This is necessary to ensure adequate hydration and an adequate prep.
- At **10:00 p.m. on the day before your colonoscopy**, again fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the entire contents of ONE (1) packet and **stir for 2-3 minutes until clear liquid**. Drink the entire contents. Follow with at least **THREE (3)** 8-ounce drinks of clear liquid before bed. This is necessary to ensure adequate hydration and an adequate prep.
- **You may continue to drink clear liquids until 4 hours prior to your check-in time. Starting 4 hours prior to your check-in time, take nothing by mouth (this includes water, gum and mints).**

If your check-in time is 10:00 a.m. or later:

- At **7:00 p.m. on the day before your colonoscopy**, fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the entire contents of ONE (1) packet and stir for **2-3 minutes until clear liquid**. Drink the entire contents. Follow with **FIVE (5)** 8-ounce drinks of clear liquid within the next 5 hours before bed. This is necessary to ensure adequate hydration and an adequate prep.
- **On the day of your colonoscopy, at _____ a.m. (5 ½ hours before your check-in time)**, fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the entire contents of ONE (1) packet **and stir for 2-3 minutes until clear liquid**. Drink the entire contents. Follow with at least **THREE (3)** 8-ounce drinks of clear liquid **within the next hour**. This is necessary to ensure adequate hydration and an adequate prep.
- **You may continue to drink clear liquids until 4 hours prior to your check-in time. Starting 4 hours prior to your check-in time, take nothing by mouth (this includes water, gum and mints).**

**TAKE NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME
– THIS INCLUDES WATER, GUM AND MINTS.**

Failure to follow these instructions could result in your procedure being postponed or cancelled. This is for your safety as there is an increased risk of pulmonary aspiration if sufficient time is not allowed for stomach contents to be emptied.