

## PREPOPIK COLON PREP KIT

On \_\_\_\_\_ the day *before* your procedure, drink only clear liquids for breakfast, lunch, dinner and snacks. Clear liquid diet on back. **Make sure you take all your medications.**

**\*IF YOUR ARRIVAL TIME IS SCHEDULED FOR BEFORE 10:30am:**

**STEP 1:** At 5:00pm, fill the dosing cup provided with cold water up to the lower (5 oz) line on the cup.

**STEP 2:** Pour the contents of ONE (1) Packet and *stir for 2-3 minutes* until dissolved. Drink the entire contents of the cup.

**STEP 3:** 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.

**STEP 4:** At 11:00 pm, repeat steps 1 and 2. Follow with THREE (3) 8 ounce glasses of clear liquids of your choice (except no red dye) within the next hour. **After 12:00 am (midnight), nothing more to eat or drink.**

**\*IF YOUR ARRIVAL TIME IS SCHEDULED FOR 10:30am or later:**

**STEP 1:** 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.

**STEP 2:** Pour the content of ONE (1) packet and *stir for 2-3 minutes* until dissolved. Drink the entire contents of the cup.

**STEP 3:** 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.

**STEP 4:** At 6:00am (on the morning of your procedure), repeat steps 1 and 2. Follow with THREE (3) 8 ounce glasses of clear liquids of your choice (except no red dye) within the next hour. **After 7:00 am, nothing more to eat or drink (except morning meds).**

**Also: The morning of your procedure: THIS IS IMPORTANT!**

- Take Blood pressure and heart medicine with a small sip of water!
- Take asthma medication!
- Take allergy medication with a small sip of water!
- Do NOT Eat food, drink coffee, drink juice, or chew gum or mints!

*\*\*\*If you are Diabetic on oral meds, take no oral drugs the day before and none the morning of your test. If you are on insulin, take ½ the dose on the day before the test and none on the day of the test.*

*\*\*\*If you are on any blood thinners please ask your physician about stopping them*

Date \_\_\_\_\_ Time: Center will call you 2 days prior Place \_\_\_\_\_

***YOU MUST HAVE AN ADULT (18 years or older) DRIVE YOU HOME***

***It is important that you take all your normal medications the day before and the morning of your procedure. If you get to the center and your blood pressure is too high, your procedure will have to be rescheduled.***

