

**BOWEL PREPARATION FOR YOUR  
COLONOSCOPY WITH PREPOPIK**

Location:	Pt. Jefferson Office	Mather	St. Charles	St. Catherine
	331-7200	476-2715	474-6285	862-3000

**Date of Procedure:** \_\_\_\_\_

**NOTE:** Avoid aspirin and aspirin products such as Advil, Aleve, Motrin, Ecotrin, Celebrex and blood thinning medications such as Coumadin, Plavix, Multivitamin, Vitamin E, Fish Oil and all supplements for **ONE WEEK PRIOR** to your procedure. **ONLY TYLENOL IS ALLOWED.**

This office will call you up to one week prior with your appointment time. If your procedure is at St. Charles call 474-6285 after 4:00pm the day before. If your procedure is at Mather, call 476-2717 between 3:00pm – 6:00pm the day before. . If your procedure is scheduled at a Hospital on a Monday, you must call that hospital the Friday before.

**DAY BEFORE THE PROCEDURE**

- **YOU MUST FOLLOW A CLEAR LIQUID DIET.** Drink only clear liquids for breakfast, lunch and dinner. Solid foods, milk or milk products are not allowed. Clear liquids include water, black coffee, tea, clear fruit juices without pulp, such as apple or white grape. Beef or chicken broth or bouillon, carbonated beverages, lemonade, Gatorade, lemon-lime or orange Jello, ice pops and hard candy. You must not have **ANYTHING RED, BLUE OR PURPLE.**

- At 5:30 pm, you are to begin your prep. Fill the supplied dosing cup with cold water up to the lower (5oz) line on the cup and pour in the contents of one packet of PREPOPIK powder. Stir for 2 to 3 minutes until fully dissolved. Drink the entire contents. Follow with **FIVE 8- ounce glasses** of clear liquid, taken at your own pace within the next 5 hours, before bed.

**DAY OF THE PROCEDURE**

- **THE SECOND DOSE OF PREP MUST BE COMPLETED FOUR HOURS PRIOR TO YOUR PROCEDURE.** You will mix as you did the evening before. Drink the entire contents, then follow with **THREE 8-ounce glasses** of water only within the next hour. Nothing else is allowed until after your procedure.

- If you take heart or blood pressure medications daily and need to take them the morning of the procedure, you may do so with a **SMALL** sip of water. **HOLD** other medications until after the procedure, unless otherwise directed by your physician.

Wear loose clothing with short sleeved shirt, no perfume, cologne, make-up or jewelry. A friend or relative **MUST** drive you home after the procedure. You will not be able to drive or work until the following day.

If you have any questions, please call our scheduling department at (631) 331-7200 Ext. 236 (Kathleen) or Ext. 244 (Claire). Thank you.