

MONTGOMERY ENDOSCOPY CENTER
12012 VEIRS MILL RD, SILVER SPRING MD 20906
P.(301)942-3550 F.(301)933-3621

SPLIT DOSE PREPOPIK INSTRUCTIONS

FIVE DAYS BEFORE THE COLONOSCOPY: _____

1. Stop stool bulking agents such as Metamucil and Citrucel, Iron tablets or Vitamins with Iron
2. Purchase Prepopik from local pharmacy. Do not mix until the day before the procedure.
3. Stop Aspirin, Advil, Aleve, Motrin, Ibuprofen or Naprosyn. Tylenol and Celebrex can be continued.
4. Start low fiber diet. Avoid nuts, seeds, corn, fruits, beans and vegetables with skin.
5. Talk to your doctor about adjustments of diabetic medications and blood thinners.
6. Arrange your ride to accompany you home after the procedure.

DAY BEFORE THE PROCEDURE, NO SOLID FOOD: _____

Clear liquid diet, which includes the following:

Beverages: Water, Ginger Ale, Sprite, 7-UP, lemon or lime Gatorade, herbal tea, apple juice, white grape juice, lemonade without pulp

Soups: Low sodium chicken, vegetable or beef broth either canned or bouillon cubes. (No meat, vegetables or noodle in the broth.)

Desserts: Hard candies, lemon or lime flavored Jell-O, popsicles- no red colors, sherbet or fruit bars.

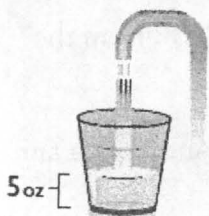
**PLEASE STAY WELL HYDRATED. DRINK 1-2 GLASSES OF CLEAR LIQUID EVERY HOUR.
PLEASE DO NOT HAVE ANYTHING ORANGE, RED OR PURPLE.**

Beginning at 6 pm – DO NOT PREPARE THE SOLUTION IN ADVANCE

1. STEP 1: Fill the supplied dosing cup with cold water up to the lower (5-ounce) line on the cup
2. STEP 2: pour in the contents of one packet of PREPOPIK powder. Stir for 2-3 minutes. Drink **ALL** the liquid in the container.
3. Drink a minimum of 5, 8-oz drinks (upper line of the dosing cup) after the mixed prep.
4. May continue to consume additional clear liquids after this as desired.

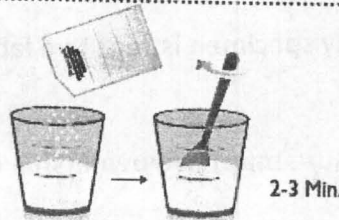
STEP ONE

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



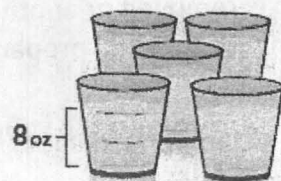
STEP TWO

- Pour in the contents of ONE (1) packet
- Stir for 2-3 minutes until dissolved
- Drink the entire contents



STEP THREE

Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace within the next 5 hours, before bed



① ② ③ ④ ⑤

Check off a circle as you finish each drink.

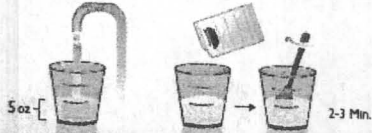
6 hours before your procedure




PACKET 2

The morning of your procedure

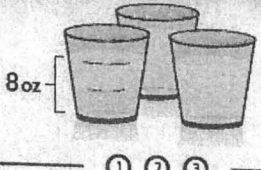
DATE / / TIME : AM to : AM




Repeat STEPS ONE and TWO



5 oz []   2-3 Min.

Follow with at least **THREE (3)** 8-ounce drinks of clear liquid within 5 hours, before the colonoscopy



8 oz []  

① ② ③

Check off a circle as you finish each drink.

1. Repeat steps one to three.
2. Fill the supplied dosing cup with cold water up to the lower (5-ounce) line on the cup and pour in the contents of one packet of PREPOPIK powder. Stir for 2-3 minutes. Drink **ALL** the liquid in the container.
3. Drink a minimum of 5, 8-oz drinks (upper line of the dosing cup) after the mixed prep.

DO NOT EAT OR DRINK ANYTHING AFTER THIS STEP.

PLEASE TAKE YOUR BLOODPRESSURE MEDICATION WITH SIPS OF WATER THE MORNING OF THE TEST.

FREQUENTLY ASKED QUESTIONS DURING COLONIC PREPARATION

I am feeling nauseous and do not think I can drink anymore?

This is a frequently encountered complaint. Please try walking around to help the solution move through your body. Lying down after drinking large amounts of liquid can precipitate vomiting. Sometimes a hard candy (lifesavers, jollyrancher) can help eliminate the taste of the solution from your mouth. Please continue with the preparation as it will maximize the quality of the colonoscopy.

What should my stool look like once I am clear?

After consuming all of the preparation, your stool should be a yellowish clear liquid.

I have drank my prep and have not had a bowel movement?

Please try walking around as this helps the prep move through your system. Occasionally drinking more clear liquids may help.

If you have any questions, please do not hesitate to call us at 301-942-3350