

PREPOPIK Split Dose INSTRUCTIONS

Two Weeks before your exam

If you are taking Warfarin (Coumadin, Jantoven), Plavix (clopidigrel) Aspirin, Xarelto, Brilinta, Pradaxa, Eliquis, Effient, Lovenox or other blood thinners, consult with your prescribing physician to discuss the management of these medications **at least 2 weeks before your colonoscopy. DO NOT STOP** these medications without the consent of your physician.

Five to Seven days before your exam

Stop taking non-steroidal anti-inflammatory drugs (i.e. Ibuprofen, Advil, Motrin, and Aleve) 5-7 days prior to your exam.

Three Days before your exam

- Fill your prescription for PREPOPIK

Two Days before your exam

- Drink at least 8 glasses of water during the day and stop eating solid foods no later than midnight.

One Day before your exam

No solid food for the entire day.

Clear Liquids only – breakfast, lunch and dinner. Drink at least 8 glasses of water to avoid dehydration.

Allowed Clear liquids	Non-Clear liquids NOT ALLOWED
Gatorade, Pedialyte or PowerAde	Red or purple items of any kind
Coffee, tea (no milk or non-dairy creamer)	Alcohol
Carbonated and non-carbonated soft drinks	Milk or non-dairy creamer
Kool-Aid or other fruit flavored drinks	Juice with pulp
Apple juice, white cranberry or white grape juice	Hard candy
Jell-O, popsicles	Any liquid you cannot see through
Strained chicken, beef or vegetable broth	

At **5:00pm** fill the provided dosing cup with cold water up to the lower line on the cup (5 ounces of water). Pour in the contents of one (1) packet and stir for 2-3 minutes. After stirring, drink the entire contents of the dosing cup. Over the next **two** (2) hours, drink at least five (5) 8 oz. glasses of clear liquid.

Continue drinking **clear liquids** throughout the evening.

Morning of your exam

Six hours before your exam, fill the provided dosing cup with cold water up to the lower line on the cup (5 ounces of water). Pour in the contents of one (1) packet and stir for 2-3 minutes. After stirring, drink the entire contents of the dosing cup.

Over the next **two** (2) hours, drink an additional four (4) 8 oz. glasses of clear liquid.

Four hours before the exam, stop drinking all clear liquids.

If you take medication for high blood pressure, seizures, asthma, thyroid disease, irregular heart beat or prednisone, you must take your medications **BEFORE 5 am**.

NOTHING BY MOUTH FOUR HOURS PRIOR TO YOUR PROCEDURE