



**Preparation Instructions for Colonoscopy/ PREPOPIK**  
**Please read 1 week prior to the Procedure**

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**Medication Restrictions:**

- **STOP BLOOD THINNER MEDICATION** \_\_\_\_\_, \_\_\_ days before procedure. Contact your Cardiologist/PCP for instructions.
- **STOP IRON SUPPLEMENTS** 5 days before the procedure
- **DIABETIC PATIENTS: Stop all ORAL diabetes medications on** \_\_\_\_\_. Contact your physician for instructions on taking your insulin.

**Four (4) Days Before Procedure:**

- **Avoid** Skins (fruit and vegetable), Nuts, Seeds, Salads, and Popcorn
- **Avoid** red/purple colored juices, gelatin and red wine

**One (1) Day before Procedure:**

- **CONSUME ONLY CLEAR LIQUIDS** (see examples below) on the day before your colonoscopy.  
**Do not drink red or purple liquids. No alcoholic beverages.**

**PREPOPIK INSTRUCTIONS:** Prepopik is supplied as a powder and must be reconstituted with cold water right before its use. **Do not prepare the solution in advance.** Fill the supplied dosing cup with the cold water up to the lower line (5-ounce) line on the cup and pour in the contents of one packet of PREPOPIK powder. Stir for 2-3 minutes. The reconstituted PREPOPIK solution may become slightly warm as the powder dissolves. Additional fluids must be consumed after every dose.

**Take the FIRST DOSE at 5:00 PM the day before your colonoscopy followed by five 8 ounce drinks of clear liquids**

**IF YOUR PROCEDURE IS SCHEDULED FOR 9:00 AM OR EARLIER**

Take the **SECOND DOSE** at **11:00 PM** the night before the colonoscopy followed by three 8 ounce drinks of clear liquids before bed.

**IF YOUR PROCEDURE IS SCHEDULED FOR 9:30 AM OR AFTER**

Take the **SECOND DOSE** at **5:00 AM** the morning of the colonoscopy followed by three 8 ounce drinks of clear liquids

- **The morning of the examination you should take any necessary medicines (heart, blood pressure, and seizure) with sips of water at least 4 hours before procedure, unless instructed otherwise by your physician.**

**Transportation:** Due to possible lingering effects from the sedation you cannot drive for the remainder of the day following your procedure, and therefore, you must have a ride home. For your own safety you will not be discharged unless a responsible adult, over the age of 18, is present to either drive you home or accompany you in a taxi or public transportation. **A car service/taxi alone is not adequate.**

Clear Liquids: Water, broth, bouillon, apple juice, white grape juice, white cranberry juice, Jell-O (yellow or green), Coffee & Tea without milk or creamer, Sports drink, Gatorade, Kool-Aid (NOT RED) Italian Ice (NOT RED). **NO ALCOHOLIC** beverages the day before nor the day of your colonoscopy.