

## PREPOPIK SPLIT DOSE Prep Instructions for Colonoscopy

**You MUST complete the entire prep to ensure the most effective cleansing.**

### Day prior to the procedure:

1. **Begin a clear liquid diet the morning prior to your procedure and continue throughout the day.** This consists of coffee and/or tea with artificial sweeteners ONLY – **(NO milk, cream, or sugar)**. Diet Sodas, beef and/or chicken broth, sugar-free jell-o and popsicles. **(AVOID red and purple food coloring.)**

**\*\*\*** If you are diabetic, and are experiencing symptoms or feel that your blood sugar is dropping below 70, you make take small sips of white grape juice only. **\*\*\***

2. Beginning at **5 pm** – DO NOT PREPARE THE SOLUTION IN ADVANCE

- **Step 1:** 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.**

- **Step 2:** Drink a minimum of 5, 8-oz drinks (upper line of the dosing cup) after the mixed prep. You may continue to consume additional clear liquids after this as desired.

### Day of the procedure:

- Beginning **6 hours prior to your procedure time**, you need to drink the second dose of PREPOPIK. This will be done the same way as before.

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

**May continue to consume additional clear liquids until 4 hours before your scheduled procedure time.**

**Do not eat or drink anything after \_\_\_\_\_ (time),  
the morning of your procedure.**