

GASTROENTEROLOGY CONSULTANTS, P.C.

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PREPOPIK FOR YOUR COLONOSCOPY PREP

Patient's Name _____ Date of Procedure _____

Procedure **START** Time _____ **ARRIVAL TIME:** _____

Place: Georgia Endoscopy Center (Directions on Back)
3330 Preston Ridge Rd, Ste 200, Alpharetta, GA 30005

YOU WILL NEED TO PURCHASE PREPOPIK PRESCRIPTION FOR THIS PREP.

DAY BEFORE PROCEDURE:

1. You may have a light breakfast before 10:00 a.m. **CLEAR LIQUIDS ONLY AFTER 10:00 A.M.** There are some suggestions below.
2. Starting any time after 5 p.m., pour ONE (1) packet of Prepopik into the mixing cup. Add cold water to the fill line (5 oz) on the container. Stir 2-3 minutes until completely dissolved. Drink the entire contents within 5 minutes. You can expect MANY bowel movements to start within the next hour.
3. Follow with FIVE (5) more 8 oz. containers of water or clear liquid over the next 5 hours before bed at your own pace. This is very important to avoid dehydration.

MORNING OF THE PROCEDURE:

Approximately 5 hours prior to your scheduled procedure time, repeat step 2 drinking the second dose. Follow with THREE (3) 8 oz. glasses of clear liquid. You should have no more liquid within 4 hours of your procedure *start* time. (Example: if your procedure start time is 1:00 p.m., then you should have no more liquids after 9:00 a.m.)

CLEAR LIQUIDS ALLOWED: Water, Gatorade, clear fruit juice, strained soups, bouillon, broth, plain jello, popsicles, Italian ice, sprite, or coke. Coffee and Tea are allowed with sugar, hot or cold, but **NO MILK OR CREAMER**. No liquid with red dye.

NO SOLID FOODS, MILK OR TOMATO PRODUCTS, OR ORANGE JUICE ALLOWED.

Medications: The day BEFORE the procedure, take your medications as you normally do. The day OF the procedure, we recommend taking the medications AFTER the procedure. Exception: If you are on blood pressure meds, please go ahead & take that medication as early as possible the morning of procedure with a *small* amount of water.

YOU WILL BE SEDATED AND WILL NOT BE ALLOWED TO DRIVE AFTER YOUR EXAM.
PLEASE BE SURE SOMEONE IS WITH YOU TO DRIVE HOME. CALL US WITH ANY
QUESTIONS AT 770-442-5882.

Please visit www.asge.org/education-videos/colovideo1.html for additional information on your colonoscopy and prep.