

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. **Drink only CLEAR LIQUIDS ONLY for breakfast, lunch and dinner.** Suggestions below.
2. Starting around 4 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. You must drink two (2) more 16 oz. containers of water or clear liquid over the next 3 hours. This is very important to avoid dehydration.
3. Take your 2nd dose at approximately 8:30 p.m. that evening. Follow again with a lot of clear liquids until bedtime.

NOTHING BY MOUTH AFTER MIDNIGHT UNTIL AFTER THE PROCEDURE.

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.