

# 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.

Visit [www.prepopik.com](http://www.prepopik.com) for a printable coupon to help with your co-pay cost

#### DAY BEFORE PROCEDURE:

1. Drink only **CLEAR LIQUIDS ALL DAY. NO SOLIDS**. There are some suggestions below.
2. Starting anytime 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.)

(It is preferred that you take the 2<sup>nd</sup> dose the morning of the procedure, but if you have a very early arrival time, you can take both doses of Prepopik the day before: 1<sup>st</sup> dose should be taken at 4:00 p.m. and 2<sup>nd</sup> dose should be taken at 10:00 p.m.)

**\*\*\*IF YOU FEEL YOUR COST/COPAY FOR PREPOPIK IS TOO HIGH, THERE IS AN ALTERNATE METHOD WE CAN CHANGE YOUR PRESCRIPTION TO THAT IS LESS EXPENSIVE, HOWEVER, IT INVOLVES A LOT MORE TO DRINK\*\*\***

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/colonvideo1.html](http://www.asge.org/education-videos/colonvideo1.html) for more info.