



INSTRUCTIONS FOR COLONOSCOPY WITH PREPOPIK

Day before examination:

Drink only "**clear liquids**" for **breakfast, lunch, and dinner**. (Solid foods, milk, or milk products are NOT allowed.)

Clear liquids include:

- 1 strained fruit juices without pulp (apple, white grape juice or lemonade)
- 2 water
- 3 clear broth or bullion
coffee or tea (without milk or non-dairy creamer)

All of the following that are **NOT colored red or purple**:

- 4 Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit flavored drinks
 - 5 drinks
 - 6 plain Jello (without added fruits or toppings)
- Ice popicles

FIRST DOSE: Begin at **4:00 PM** the afternoon before your procedure and proceed as shown below:

1. Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup
2. Pour in the contents of ONE (1) packet
3. Stir for 2-3 minutes until dissolved
4. Drink the entire contents
5. Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace within the next 5 hours, before bed

SECOND DOSE: Begin at **10:00 PM** the evening before your procedure by repeating steps 1-4 as shown above: Then follow with THREE (3) 8-ounce drinks of clear liquid.

NOTE -Individual responses to laxatives do vary: this prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as three hours.

You may have clear liquids up until **Midnight**.

Absolutely nothing to eat or drink after midnight unless otherwise directed.

YOU MUST AVOID IRON FOR ONE WEEK PRIOR TO THE EXAM!!!