



611 Grammont St. Monroe, La. 71201
318.325.2634 or 800.293.2634

Prepopik™ Morning Procedure

Supplies Needed: Prescription for Prepopik™ bowel preparation kit
(when you fill your prescription, you will get all needed supplies from the pharmacy)

Day Before Procedure: _____

_____ **Clear liquids only all day-no solid food.** IT IS IMPORTANT THAT YOU DRINK AS MUCH FLUID AS YOU CAN THROUGHOUT THE DAY UNTIL MIDNIGHT. Clear liquids include: water, clear sodas, coffee (no milk or creamers), tea, gelatin (no red or purple), chicken or beef broth, clear juices (apple, white grape juice) and ice pops without bits of fruit and you can suck on hard candy. **NO RED OR PURPLE! NO MILK! NO ALCOHOL!**

_____ 5:00pm Fill the dosing cup with cold water up to the lower (5oz.) line on the cup
Pour in contents of 1 packet and stir 2-3 minutes to dissolve
Drink the entire contents

_____ 5:15pm Drink (5) 8oz. drinks of clear liquid, taken at your own pace, over the next 5 hours, before bed

_____ Nothing by mouth after midnight except second dose of prep.

Day of Procedure: _____

If your procedure is scheduled in the early morning, you will need to get up in the middle of the night to take this dose of preparation. We understand this is an inconvenience, but the correct timing of this dose is essential to an effective preparation

_____ 1:00am Fill dosing cup with cold water up to the lower (5oz.) line on the cup
Pour in contents of 1 packet and stir 2-3 minutes to dissolve.
Drink entire contents.

_____ 1:15am Follow with (3) 8oz. glasses of clear liquid. You should stop drinking liquids at least 4 hours prior to your procedure time.

_____ Take all your morning medications, if any, with a sip of water.

*If you use an inhaler, please take a treatment the morning of the procedure whether you are symptomatic or not.

If you are a **DIABETIC, please call your primary care physician for dosage changes the day before the procedure.

The day of your procedure, DO NOT TAKE YOUR DIABETIC MEDICATIONS.

* Be sure to check your blood sugar the morning of your procedure.

If you take **BLOOD THINNERS, follow instructions given to you at the time of pre-registration.

_____ Bring a list of your medications with you.

_____ Bring someone to drive you home. You will be here approximately 2 hours. **If you do not have a driver, your procedure will be cancelled.**

_____ You should not drive for 8-10 hours after the procedure.

Procedure Date: _____

Procedure Time: _____

Place: _____

Arrival Time: _____

Physician performing procedure: _____

Patient Signature: _____ Prep Given By: _____