



PREPOPIK BOWEL PREP

****PLEASE FILL YOUR PRESCRIPTION FOR Prepopik immediately at your pharmacy. You will also need to purchase 1 bottle of Magnesium Citrate over the counter at your Pharmacy at this time.**

7 days prior to procedure: Avoid foods with nuts, seeds, uncooked fruits and vegetables, Aspirin, Ibuprofen, Advil, Naprosyn (NSAIDS).

Please make sure to inform your physician if you are taking blood-thinning medications such as Coumadin, Plavix, Lovenox, or Aspirin. If you are taking Blood thinning medications such as Coumadin make sure to have your blood work drawn the day prior to your procedure. You may be asked to discontinue these medications 3-7 days prior to your procedure if approved by your family physician or cardiologist. Stop Iron and Herbal medications and supplements.

DAY BEFORE COLONOSCOPY:

NO FOODS DAY PRIOR TO YOUR PROCEDURE

You must maintain a clear liquid diet for the whole day (water, tea, Gatorade, black coffee, soda, clear juice, Jell-O, clear broth or popsicles). No red or purple colored liquid or dairy products.

On the **day prior** to your procedure **two hours before** you start PREPOPIK, drink Chilled Bottle of Magnesium Citrate.

Two hours after drinking your Magnesium Citrate (**Approximately 15 hours prior to your scheduled procedure**) fill the dosing cup provided with cold water to the lower (5 ounce) line on the cup, pour in the contents of ONE (1) Prepopik packet, stir for 2-3 minutes until dissolved. Drink the entire contents.

Drink five (5) 8-ounce drinks of clear liquid taken at your own pace over the next five (5) hours before bed. This step is very important in the cleanout process. Please make sure and drink no less than instructed amount of water.

****If you are diabetic, please check with the physician managing your diabetes regarding management during this time period.**

Day of your COLONOSCOPY:

10 hours after your first dose of Prepopik repeat steps above. Drink three (3) 8-ounce containers of clear liquids following your second dose. Once completed you may have nothing else by mouth for **three hours prior to your procedure**.

Example: Your procedure is on the following day at 7:30 a.m. you would start your Magnesium Citrate at 2:30 day prior to procedure. At 3:30 P.M. the day prior to your procedure you would take the first dose of Prepopik. On the day of your procedure at 3:30 a.m. you would take your second dose of Prepopik by approximately 4:30 a.m. you would be finished with all prep and have nothing else by mouth until after your scheduled procedure.



Nothing to eat or drink except as noted above

Do not take diabetic medications. You may take Blood pressure, heart, Asthma, thyroid, and seizure medications.

You must have a driver to drive you home

If you have any questions, please call the office at [850-877-2105](tel:850-877-2105).