

PREPOPIK
BOWEL PREPARATION:

**DO NOT FOLLOW THE PREP INSTRUCTIONS ON THE PRODUCT'S BOX OR THAT THE PHARMACY PROVIDES.
YOU MUST FOLLOW OUR PREP INSTRUCTIONS AS WRITTEN IN THIS DOCUMENT.**

Starting between 4:00 - 6:00 PM the DAY BEFORE THE PROCEDURE:

1. Empty 1 packet of Prepopik powder into provided cup.
2. Fill the cup to the 5 ounce bottom line with cold water. Stir for 2-3 minutes until dissolved and drink the entire contents.
3. Drink at least 5 - 8 ounce (upper line of provided cup) glasses of water over the next 1-2 hours. **VERY IMPORTANT**

Six (6) hours prior to the arrival time:

- Repeat above steps using the second Prepopik packet.
- Drink at least 3 - 8 ounce glasses of water over the next 1 hour. **VERY IMPORTANT**. After you have consumed this water, you should have nothing else by mouth.