

### TIMELINE OF YOUR COLONOSCOPY PREPARATION

| The Day Before Your Procedure             |   |
|---|---|
| <b>Between<br/>4:00 pm to<br/>6:00 pm</b> | <ol style="list-style-type: none"><li>1. Empty 1 packet of Prepopik® powder into provided cup.</li><li>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.</li><li>3. Drink at least 5 - 8 ounce (upper line of provided cup) glasses of water over the next 1-2 hours. <b><u>VERY IMPORTANT.</u></b></li></ol> |
| The Day of Your Procedure                 |   |
| <b>6 hours<br/>Prior to<br/>Arrival</b>   | <ol style="list-style-type: none"><li>1. Repeat above steps using the second Prepopik packet.</li><li>2. Drink at least 3 - 8 ounce glasses of water over the next 1 hour. <b><u>VERY IMPORTANT.</u></b> After you have consumed this water, you should have nothing else by mouth.</li></ol>   |

### PREPARATION TIPS

1. Since the bowel preparation will cause diarrhea, it is important to stay hydrated. Make a conscious effort to drink clear liquids throughout the day to prevent dehydration.
2. Try to drink the preparation with a straw as this may be easier to tolerate.
3. The bowel preparation will result in diarrhea so please plan appropriately.
4. If you start to feel nauseated, you can pause for 20-30 minutes and then begin drinking the solution more slowly. Some patients say that walking around helps relieve their nausea.
5. Be sure to finish the entire prep or else the colon may not clean adequately.
6. Your output/bowel movements should be clear (or yellow) after you've completed the bowel preparation. If you are still seeing stool/brown after completing the 2nd dose, please call our office.

**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.**