

## **Prepopik Bowel Prep**

### **2 to 3 days before your colonoscopy:**

Avoid raw fruits, raw vegetables and grains (especially whole wheat, seeds or nuts) for 2 days before the procedure.

### **1 day before your colonoscopy:**

Enjoy a light breakfast such as cereal, toast, eggs (but without seeds, raw fruits or raw vegetables). After your breakfast meal DO NOT eat solid food until after your colonoscopy is performed the following day. YOU MAY HAVE ONLY CLEAR LIQUIDS UP TO TWO (2) HOURS BEFORE YOUR PROCEDURE. Chewing Gum is acceptable. Clear liquids include water, apple juice, ginger ale, 7-up, coffee (black), tea (no milk or creamers), Gatorade (not red in color), jello (not red in color), chicken broth (fat free) or beef broth (fat free).

### **The day before your colonoscopy:**

#### **At 6 PM:**

Step 1: Dissolve one (1) packet of powder in 5 ounces of water (lower line of dosing cup).

Step 2: Stir 2-3 minutes.

Step 3: Drink ALL the liquid in the cup.

Step 4: You must drink at least five (5) more 8-ounce glasses of clear liquids over the next few hours.

Continue drinking clear liquids until you go to bed.

### **The day of your colonoscopy:**

Four (4) hours before your procedure, repeat Steps 1 through 3 as above using the second packet of powder. Drink an additional five (5) 8-ounce glasses of clear liquids over the next hour.

You must finish drinking the final glass of clear liquid at least 2 hours before your colonoscopy.

### **DO NOT HAVE ANYTHING TO DRINK FOR 2 HOURS BEFORE YOUR PROCEDURE.**

For example, if you are scheduled for a 10 A.M. procedure, stop your clear liquid diet and have nothing by mouth after 8 A.M. the morning of your procedure.

**Please call with any questions at 303-861-0808.**