

Colonoscopy Prep Instructions with PREPOPIK Split-Dose

(Prescription required-usually sent in electronically)

Inside the Prepopik kit you will find:

1 Dosing Cup, 2 packets of powder and complete product information

*****3-5 days prior to the procedure stop ALL blood thinners.**

***The day before the procedure:** As soon as you wake up you will be on a **CLEAR LIQUID DIET**. You may have the following:

Water, Chicken broth, apple juice, WHITE cranberry juice, WHITE grape juice, ginger ale, coke, diet coke, sprite, powerade/gatorade, propel, crystal light, tea, coffee (dry creamer only), Jell-O or popsicles.

*****DO NOT DRINK ANYTHING RED OR PURPLE, LIQUIDS YOU CAN NOT SEE THROUGH OR ALCOHOLIC BEVERAGES THE DAY BEFORE YOUR PROCEDURE OR THE DAY OF YOUR PROCEDURE.*****

Also the day before your procedure stay **hydrated**. Drink at least 10 cups of clear liquids through out the day.

***THE EVENING BEFORE YOUR PROCEDURE AT 6:00PM:** You will get the dosing cup you picked up from your pharmacy and fill it to the 5 oz line with cold water. Pour in the contents of one packet. Stir that for 2-3 minutes. Then drink the 5 oz mixture completely. Follow that with at least 40 oz of clear liquids of your choice that were mentioned above at your own pace. You may continue the clear liquid diet up until midnight.

***THE MORNING OF YOUR PROCEDURE 4-6 HOURS PRIOR TO YOUR ARRIVAL TIME:** Once again fill your dosing cup up to the 5 oz line with cold water. Pour in the second and final packet. Stir that for 2-3 minutes. Drink that mixture completely. Follow that with **ONLY 24 oz** of clear liquids of your choice that were mentioned above. This needs to be completed **TWO HOURS** prior to your arrival time.

Morning of the procedure prep start time: _____

Completion time: _____

If you are having problems with your prep the day of your procedure please call the Franklin Surgery Center nurses at 615-550-6066. The Franklin Surgery Center opens at 6:00AM.

You will need a family member or friend to drive you home and they will need to wait in the waiting room during your procedure.