



Digestive Specialists, Inc.
Digestive Endoscopy Center, LLC
www.digestivespecialists.com

2 Day Prepopik Prep Instructions

Please read these instructions thoroughly to ensure a successful preparation for your procedure.

Date _____ **Time of Arrival** _____

- Sugarcreek Twp. 4340 Clyo Road
- Dayton 1530 Needmore Road, Suite 100
- Huber Heights 7415 5687 Shull Road, Suite 100
- Springboro 77 W. Eleanor Drive

Colonoscopy Prep

1. Prepopik Powder
– prescription required
2. Dulcolax Laxative
– 2 tablets
3. Simethicone 80 mg
– 2 chewable tablets
Do not use Gas-X

You are scheduled with Dr. _____

The Medical Assistant, _____ may be reached at _____.
After 5:00 PM or on weekends, call (937) 534-7330 to page your doctor.

Important Information

- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- For 7 days prior to your procedure stop taking iron supplements.
- For 3 days prior to your procedure avoid all high fiber foods especially **fresh fruits, fresh vegetables, nuts and seeds** and drink plenty of fluids to hydrate yourself
- **Complete the entire preparation per the instructions on the back.** If you get nauseated or vomit when drinking the prep and you have not finished the entire amount:
 - Stop drinking any further prep or liquids for the next hour until nausea/vomiting has subsided then restart drinking it until finished.
 - If you still cannot finish the prep, please call us at the number listed above.
- **Bring a licensed driver. You will not be allowed to drive home.**
- **You may *not* take a cab alone.**
- **Do not smoke on the day of your procedure.**



On _____ (Day before your procedure)

- Begin clear liquid diet as instructed on the right →
- **Do not eat any solid foods until after your procedure is completed**
- Drink as much clear liquid as you can all day in order to remain well hydrated.
- At **12:00 NOON**, take 2 Dulcolax tablets
- At **6:00 PM** fill the measuring cup provided with cold water to the lower 5 oz line. Mix in one pouch of Prepopik powder- stir until completely dissolved then drink the Prepopik solution. *It is normal for the liquid to get warmer as you mix it.*
- Next drink one 8 oz glass of any clear liquid every 15 minutes until you have had a total of 5 glasses



Clear Liquids Diet

- **Gatorade is preferred**
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - **No cream**
- Hard candies
- Soda pop
- Jell-O or popsicles
- **Nothing red or purple**
- **Nothing alcoholic**

2nd Half of Prepopik Prep - *Even if you are passing clear liquid the night before, you still need to complete the prep.*

On _____ at _____ AM / PM (6 hours before your arrival time)

- Fill the measuring cup provided with cold water to the upper 8 oz line. Mix in one pouch of Prepopik powder- stir until completely dissolved then drink the Prepopik solution. *It is normal for the liquid to get warmer as you mix it.*
- Next drink one 8 oz glass of any clear liquid every 15 minutes until you have had a total of 3 glasses



- When finished with the last glass of clear liquid take the 2 chewable Simethicone 80 mg tablets.

After completing the second part of the prep: Do not drink anything. Do not chew gum or eat hard candy.

