

## PREPOPIK INSTRUCTIONS

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### **5 DAYS BEFORE YOUR COLONOSCOPY:**

- Read all prep instructions.
- Stop herbals, vitamins, and iron supplements.
- Fill your prescription for your bowel prep at your pharmacy.
- Purchase (2) **Dulcolax (Bisacodyl)** tablets at your pharmacy.
- **DO NOT EAT CORN**

**We will call you 3 business days before your test with your arrival time. You MUST have a driver to take you home or your procedure will be cancelled.**

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### **CLEAR LIQUIDS:**

water, clear fruit juices including apple, white grape, and white cranberry, lemonade, coffee or tea(no dairy or non-dairy creamer), chicken broth, jello, popsicles, italian ice, Sprite, 7-up, gingerale, and Mountain Dew. **NO RED OR PURPLE LIQUIDS.**

### **THE DAY BEFORE YOUR COLONOSCOPY:**

- **NO SOLID FOOD**
- **NO ALCOHOL**
- **NO MILK BASED PRODUCTS**
- **CLEAR LIQUIDS ALL DAY**
- Drink an extra 8 ounces of clear liquid every hour until 6PM.
- **4PM-** Take (2) Dulcolax (Bisacodyl) tablets with water. Do not crush or chew tablets. Do not take an antacid within 1 hour of taking the laxatives.
- **6PM-** Take the medication prescribed to you to prevent nausea with a sip of water.
- **6PM-** Fill the dosing cup provided with cold water up to the lower (5 ounce) line on the cup. Pour in the contents of ONE packet and stir for 2-3 minutes until dissolved. Drink **ALL** the liquid in the cup. You **MUST** then drink (5) 8 ounce cups of water over the next 5 hours for a total of 40 ounces.

### **THE MORNING OF YOUR COLONOSCOPY:**

- **NO SOLID FOOD**
- **NO ALCOHOL**
- **NO MILK BASED PRODUCTS**
- \_\_\_\_\_ AM (You will be given this time according to your arrival time.) Take the medication prescribed to you to prevent nausea with a sip of water.
- \_\_\_\_\_ AM (You will be given this time according to your arrival time.) Fill the dosing cup provided with cold water up to the lower (5 ounce) line on the cup. Pour in the contents of ONE packet and stir for 2-3 minutes until dissolved. Drink **ALL** the liquid in the cup. You **MUST** then drink (3) 8 ounce cups of water over the next hour for a total of 24 ounces. After completion of this dose, you will have nothing more to drink until after your test.

**You may apply petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.**