

BOWEL PREP

REMEMBER: Your colonoscopy preparation is VERY important. An adequate clean-out allows for the best evaluation of your entire colon. Poor preparation could lead to the cancellation of your procedure. Using baby wipes or “Tucks” and Desitin ointment may ease some discomfort you may have during your prep. *Be kind to your behind!*

THE DAY BEFORE YOUR COLONOSCOPY:

1. **Do not eat any solid food the entire day before your colonoscopy!**
Drink only clear liquids from the time you get up in the morning.
AVOID ALL RED OR PURPLE COLORED LIQUIDS.

Clear liquids include:

WATER, CLEAR FRUIT JUICES (NO PULP), POPSICLES, ICE, SOFT DRINKS, GATORADE, CLEAR BROTH OR BOUILLON, GELATIN, KOOL AID, COFFEE OR TEA (NO MILK OR CREAM). NO ALCOHOL.

2. Follow the schedule at right for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements throughout the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

BOWEL PREP INSTRUCTIONS:

You will need a prescription for Prepopik, which Dr. Perryman will send electronically to your pharmacy.

PICK YOUR PRESCRIPTION UP AS SOON AS IT IS FILLED BY THE PHARMACY TO AVOID HAVING IT RESHELVED AND NOT AVAILABLE WHEN YOU NEED IT.

PREPOPIK BOWEL PREP FOR COLONOSCOPY

DRINK 64 OZ OF CLEAR LIQUIDS BEFORE YOU BEGIN THE PREP

• Dose 1 – START AT 4:00 PM

STEP 1: FILL the dosing cup with cold water up to the lower line (5 oz).

STEP 2:

- ✓ **POUR** in the content of 1 packet
- ✓ **STIR** for 2-3 minutes until powder is dissolved
- ✓ **DRINK** it ALL

STEP 3: Follow with at least FIVE (5) 8 oz glasses of any clear liquid taken at your own pace within the next 5 HOURS. Check off each glass as you drink.



• Dose 2 – START AT 10:00 PM

STEP 1: FILL the dosing cup with cold water up to the lower line (5 oz).

STEP 2:

- ✓ **POUR** in the content of 1 packet
- ✓ **STIR** for 2-3 minutes until powder is dissolved
- ✓ **DRINK** it ALL

STEP 3: Follow with at least THREE (3) 8 oz glasses of any clear liquid.



