PREPOPIK INSTRUCTIONS

**Please call our office one week prior to your procedure to request to have your Prepopik prescription sent to your local pharmacy.

Make arrangements for someone to bring you home after your procedure. You will not be able to drive or take any other transportation alone. You must arrange for someone to be available that day to accompany you home by car, taxi or public transportation.

5 DAYS BEFORE YOUR PROCEDURE
- If you are taking ANY anticoagulants or anti-platelets such as Coumadin (warfarin), Xarelto (rivaroxaban), Plavix (clopidrogel), Effient (prasugrel) or taking any opiates or Suboxone, PLEASE NOTIFY US IMMEDIATELY.
- Continue taking daily aspirin if prescribed
- Do not take iron supplements
- Please avoid foods containing seeds, nuts or corn (including popcorn)-the foods may interfere with the exam

1 DAY BEFORE YOUR PROCEDURE
- Begin a clear liquid diet. Drink only clear liquids for breakfast, lunch and dinner. Clear liquids include water, Gatorade, clear fruit juice (apple or white grape), bouillon broth, jello, popsicles, clear soda (7-up, Sprite, Ginger Ale), black coffee or tea (ok to use sweetener, NO DAIRY PRODUCTS). NO ARTIFICIAL RED COLOR (i.e. No red Jell-O, popsicles or Gatorade). NO SOLID FOODS, MILK OR MILK PRODUCTS.

- The evening before your procedure (between 5-8pm), dissolve one Prepopik packet in 5 ounces of cold water, as instructed on prescription. After drinking the solution, drink an additional five 8oz cups of clear liquids. You should be consuming additional clear fluids to maintain adequate hydration.

DAY OF PROCEDURE
- At least 4-5 hours prior to your procedure time, dissolve the second Prepopik packet in 5 ounces of cold water. After drinking the solution, drink an additional three 8oz cups of clear liquids.
- You may continue drinking clear liquids ONLY until three hours before your procedure
- You should take any heart or blood pressure medications with a small amount of water
- If you have insulin or diabetic medication, ask your primary care physician about reducing your dosage prior to your exam in order to avoid hypoglycemia (low blood sugar)

Date________________________________________

Arrival Time________________________________
Procedure Time___________________________________