



## **Prepopik**

You will need a prescription for this preparation.

### **GENERAL INSTRUCTIONS**

Supplies Needed:

- Prepopik Prepackaged kit from your pharmacy

### **3 DAYS PRIOR TO PROCEDURE**

Stop eating all nuts, seeds and popcorn.

### **1 DAY PRIOR TO PROCEDURE**

You may only have clear liquids this day. Drink at least 8 glasses of water to avoid dehydration.

6:00 PM – Fill the provided dosing cup with cold water up to the lower line on the cup (5 oz of water). Pour in the contents of one packet and stir for 2-3 minutes. After stirring, drink the entire contents of the dosing cup. At your own pace over the next **five** hours, drink five 8 oz glasses of clear liquid.

### **DAY OF PROCEDURE**

4 hours before your procedure fill the provided dosing cup with cold water up to the lower line on the cup (5 oz of water). Pour in the contents of one packet and stir for 2-3 minutes. After stirring, drink the entire contents of the dosing cup. At your own pace over the next **one** hour, drink three 8 oz glasses of clear liquid.

3 hours before procedure you may take your morning medications with 4 oz of water but **STOP** drinking all liquids after that.

**CLEAR LIQUID DIET LIST:** Avoid all red and purple liquids.

Soft drinks

Strained fruit juices without pulp

Water, tea, coffee (no milk or creamer)

Chicken or beef bouillon/broth

Hard candies

Popsicles (no sherbet or fruit bars)

Jell-O (no fruit or toppings)