

Prepopik Prep

**** 5-7 days before your procedure have your prescription filled.**

**** If you routinely have less than 2 bowel movements per week then you will also need to purchase an 8.3oz bottle of Miralax from the pharmacy to provide you with 10 doses of this laxative. Begin taking a dose of Miralax twice a day for the 5 days prior to your procedure. Take the last dose of Miralax the morning before your procedure.**

**** 3 days prior to your procedure begin following the Pre-colonoscopy diet plan.**

Eat exactly what is permitted: do not take liberties.

THE DAY BEFORE YOUR PROCEDURE – BETWEEN 3 AND 6 PM – START YOUR PREP

- **Step One** – Fill the dosing cup provided with cold water up to the lower line on the cup (5 ounces).
- **Step Two** – Pour in the contents of **ONE** (1) packet – Stir for 2-3 minutes until dissolved. Drink the entire contents. A straw may help.
- **Step Three** – Follow with **FIVE** (5) - 8 ounce cups of clear liquid, taken at your own pace within the next 5 hours before bed. Your body loses significant amounts of fluid during bowel preparation. To prevent dehydration it is important to supplement that fluid loss with clear liquids. **Make a conscious effort to drink as much as you can before, during and after the preparation.**
- If you experience nausea --□ slow down your prep intake, walk around until nausea is relieved.
- Over the counter “anti-gas” drops or pills may help relieve excessive gas. Use baby wipes and/or Balneol cleansing cream or lotion during the prep. Toilet paper can cause irritation.

THE DAY OF YOUR PROCEDURE – 4 HOURS BEFORE YOU LEAVE HOME FOR YOUR APPOINTMENT

- **Step One** – Fill the dosing cup provided with cold water up to the lower line on the cup (5 ounces).
- **Step Two** – Pour in the contents of **ONE** (1) packet – Stir for 2-3 minutes until dissolved. Drink the entire contents.
- Follow with at least **THREE** (3) – 8 ounce cups of clear liquid. You may drink clear liquids until 3 hours before your appointment time.
- You may take your prescription medications (except those listed in the booklet) with water up to 3 hour before your appointment arrival time.
- **Do not use items such as gum, hard candy, breath mints or smokeless tobacco on the day of your procedure.**
- If you have any questions or concerns or if you are unable to prep, please call your physician’s office. If the time is after normal office hours the answering service will take your call and contact the physician on call.