



# ACADIANA GASTROENTEROLOGY

A S S O C I A T E S

439 Heymann Blvd., Lafayette, LA 70503  
Ph. (337) 269-0963 \* Fax (337) 269-0553  
www.acadianagastro.com

- Stephen M. Person, M.D.
- James C. Bienvenu, M.D.
- Erick A. Salvatierra, M.D.
- Christopher P. Herrington, M.D.

- J. Patrick Herrington, M.D.
- Richard K. Broussard, M.D.
- Patrick A. Laperouse, M.D.
- Melanie M. Bienvenu, M.D.

## **PREPOPIK BOWEL PREP INSTRUCTIONS FOR YOUR PROCEDURE**

**BEFORE YOUR EXAM:** Purchase:

- Prescription for Prepopik
- Gas-X tablets (over the counter). You will be taking 4 (four) tablets as directed below

*Helpful hints to make your prep more tolerable: Use ice cold water, a lid to your cup, & drink solution through a straw.*

### **THE DAY BEFORE YOUR PROCEDURE:**

- Begin a CLEAR LIQUID DIET when you awaken on (day): \_\_\_\_\_, (date): \_\_\_\_\_.
- NO SOLID FOODS are to be eaten on this day. You may HAVE ONLY CLEAR LIQUIDS.
- DAY BEFORE: Drink at least 64 oz or more of clear liquids, preferably water, to obtain the best results

### **1<sup>st</sup> DOSE:**

Day before procedure (Time: \_\_\_\_\_ A.M./ P.M.)

#### **STEP 1:**

1. Fill the dosing cup provided with 5oz. cold water (see lower line on cup)
2. Pour in the contents of ONE (1) packet; stir for 3 minutes until dissolved.
3. Drink **ALL** of the mixture in the container.
4. Follow with 2 (two) Gas-X tablets

#### **STEP 2:**

Drink FIVE (5) 8-oz. drinks of clear liquid, within the next 1 hour & 30 minutes, before bed.

**\*\*\* DO NOT EAT OR DRINK ANYTHING after MIDNIGHT, UNLESS INSTRUCTED OTHERWISE, EXCEPT FOR A SIP OF WATER WITH BLOOD PRESSURE MEDICATIONS\*\*\***

**THE MORNING OF YOUR PROCEDURE, beginning at (time): \_\_\_\_\_**  
**(THIS DOSE MUST BEGIN 4 HOURS BEFORE YOUR SCHEDULED PROCEDURE)**

### **2<sup>nd</sup> DOSE:**

#### **STEP 1:**

1. Fill the dosing cup provided with 5oz. cold water (see lower line on cup)
2. Pour in the contents of ONE (1) packet; stir for 2-3 minutes until dissolved.
3. Drink **ALL** of the mixture in the container.
4. Follow with 2 (two) Gas-X tablets

#### **STEP 2:**

**Drink THREE (3) 8-oz. drinks of clear liquid, within the next 1 hour & 30 minutes within the next FOUR (4) hours, BEFORE YOUR COLONOSCOPY.**

*This entire process is required and is important to follow to ensure a clean colon. If not, your physician will not be able to complete as thorough an exam and you may be asked to repeat your procedure.*

IF YOU HAVE ANY QUESTIONS ABOUT THE PREP INSTRUCTIONS ABOVE, or YOUR SCHEDULED PROCEDURE, PLEASE CALL.

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