



ACADIANA GASTROENTEROLOGY

A S S O C I A T E S

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PREPOPIK BOWEL PREP INSTRUCTIONS FOR YOUR PROCEDURE

BEFORE YOUR EXAM: Purchase:

- Prescription for Prepopik –Your Rx will be sent to the pharmacy 1 week prior to your procedure.
- 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

1st 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 ARRIVAL TIME)

2nd 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.

**** It is very important that you DO NOT drink ANYTHING 3 hours prior to your arrival time. ****

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: 337-269-0963

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