

COLONOSCOPY PREP

- Register at the location of your procedure as indicated below at least 2-3 days prior to your procedure. On the day of your procedure, _____, please arrive at the designated area at _____.
 - Memorial Hermann Surgical Hospital First Colony
 - Memorial Hermann Sugar Land Ambulatory Surgery Center (ASC)
 - Other: _____
- Because you will be receiving sedation with anesthesia, please make arrangements for someone to be responsible for driving you home after your procedure.
- ***Because you will be receiving sedation with anesthesia that can impair your memory and the fact that we do not receive Pathology results until two business days after your procedure, please contact our office two business days following your procedure to obtain results.***
- **Clear Liquids** permitted the day before your procedure _____: Broth, Bouillon, Jell-o, Black Coffee, Tea, Apple Juice, Grape Juice, Gatorade, Cranberry Juice and Soda. **To insure a good prep result, hydration is very important. Please be sure you are well hydrated the day before your procedure.**
- You **MAY NOT** have any solid food, Orange Juice, Grapefruit Juice, Tomato Juice, Pineapple Juice, Milk or Alcohol.
- **Medications the day of the Procedure**
 - If you take Blood Pressure or heart medication, take your medication the morning of your procedure with a **small** sip of water at least 2 hours prior to arriving for your procedure. All other medication can be taken later in the day after the procedure.
 - **For diabetic patients:** No Diabetes meds the night before or morning of your procedureIf you are on blood thinner medication: _____

____ Two Day Prep

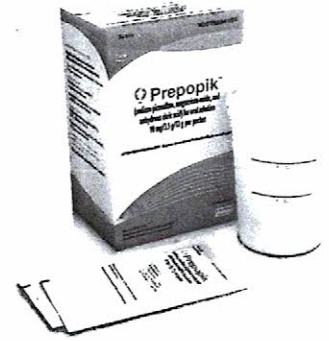
- Clear Liquids from the time you wake up on _____ and _____.
- Buy 2 bottles of Magnesium Citrate. Take one bottle at 7:00 pm on _____ and the second bottle at 7:00 pm on _____.
- **NOTHING BY MOUTH** past midnight on _____. **See reverse side**

PREPOPIK Colonoscopy Prep Instructions

What's Inside

Inside your Prepopik box you will find:

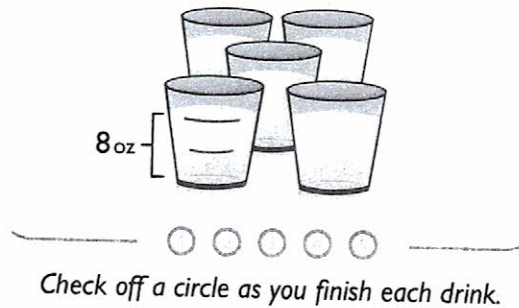
- One (1) dosing cup
- Two (2) packets of Prepopik powder
- Complete Product Information for your reference



Step ONE

Day Before Procedure @ ____:00 pm _____

- Fill dosing cup up to lower line (5 oz.) with cold water
- Pour contents of one packet into water & Stir 2-3 minutes – solution may turn warm
- Drink the solution
- Follow with 5 – 8 oz glasses of clear liquid or water over next 2-3 hours

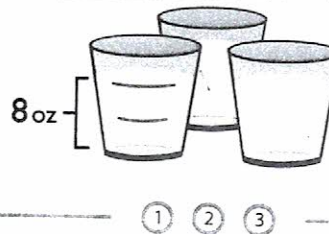


Check off a circle as you finish each drink.

Step TWO

Day Before Procedure @ ____:00 pm _____

- Fill dosing cup up to lower line (5 oz.) with cold water
- Pour contents of one packet into water & Stir 2-3 minutes – solution may turn warm
- Drink the solution
- Follow with 3 – 8 oz glasses of water over next 2 hours



Check off a circle as you finish each drink.

NOTHING BY MOUTH AFTER MIDNIGHT UNLESS NOTED

Visit www.prepopik.com today to sign up and instantly download a savings offer for a **20% discount** for up to **\$10 off** your Prepopik prescription