

**Marin Gastroenterology**  
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**COLONOSCOPY PREPARATION WITH PREPOPIK BOWEL KIT®**

Follow the steps below to make sure that your colon is completely clean before your colonoscopy.

**Call the office if you have questions.**

- Fill the prescription provided by your doctor for *Prepopik*®. The pharmacist will give you a box containing: 2 packets of *Prepopik* powder and 1 dosing cup.
- The **day before** your colonoscopy, **solid foods, milk or milk products are not allowed.** Drink only “clear liquids” for breakfast, lunch and dinner. Please avoid any red or purple colored liquids. “CLEAR LIQUIDS” include:
  - strained fruit juices without pulp (apple, white grape, lemonade)
  - water, tea, coffee (without milk or non-dairy creamer)
  - clear broth or chicken, beef or vegetable bouillon
  - Kool-Aid®, Gatorade®, Vitamin Water®, soda (e.g. Pepsi®, Coke®, 7-UP®) carbonated and non-carbonated soft drinks
  - Ensure Clear®
  - Plain Jell-O® (without added fruits or toppings), Ice Popsicles®
  - Alcohol is not recommended since it may cause dehydration.

**WHEN TO TAKE PREPOPIK®**

**If the arrival time for your procedure is at or before 10 am:**

1. At 4 or 5 pm on the day before your appointment begin drinking the *Prepopik*® solution. Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the contents of ONE packet and stir 2-3 minutes until dissolved. Drink the entire contents of the cup.
2. Follow with FIVE 8-ounce glasses of water, taken at your own pace, over no more than 4 hours.
3. At 8 pm drink the second dose of *Prepopik*® by repeating step 1. Follow with at least THREE 8-ounce glasses of clear liquid over no more than 4 hours.

**If the arrival time for your procedure is after 10 am:**

1. At 5 or 6 pm on the day before your appointment begin drinking the *Prepopik*® solution. Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the contents of ONE packet and stir 2-3 minutes until dissolved. Drink the entire contents of the cup.
2. Follow with FIVE 8-ounce glasses of water, taken at your own pace, over no more than 4 hours.
3. On the day of your colonoscopy, at least 4 hours before your arrival time drink the second dose of *Prepopik*® by repeating step 1. Follow with at least THREE 8-ounce glasses of water over the next four hours.
4. Make sure to finish all fluids 3 hours prior to procedure. No additional fluids may be taken until procedure is finished.

**Do not take anything by mouth for three hours before your arrival time.**