

## **Prepopik**

Your physician has recommended you use **Prepopik** to prepare for your procedure. Prepopik requires a prescription, which will be sent electronically to your pharmacy. If you have not received your prep one week prior to your procedure, please call MDTEC at 410-224-3636 to request the prep to be resent to your pharmacy.

If you are diabetic or take blood thinners or have had major health changes within the last 12 months, you must discuss medications and medical clearances with the Pre-Op Nurse 410-224-3636 ext. 496. If you are unable to reach her, please speak with someone from the front office staff, 410-224-3636.

MDTEC follows the recommendation of the American College of Gastroenterology (AGA) which recommends splitting the doses of the colonoscopy bowel preps. The first dose is to be taken the night before your colonoscopy and the second dose is to be taken the morning of the procedure. The literature has shown split dose preps to have a better quality, tolerance and a decrease in missed cancers.

### **Procedure Prep Time Line**

#### **2 Weeks (14 days) Before Your Procedure:**

**Discontinue Phentermine or any medication containing Phentermine**, such as: Qysimia, Qnexa, Adipex-P, Suprenze, Fastin, Phentercot

#### **1 week (7 days) Before Your Procedure:**

**Begin a low fiber diet.** Avoid fish oil, corn, seeds, nuts and popcorn

**Discontinue the following prescriptions and over the counter medications:** Iron Supplements, vitamins, minerals, herbal supplements and fiber supplements (e.g. Metamucil, Citrucel, Fibercon, etc)

#### **3 Days Before Your Procedure: (Unless otherwise instructed)**

**Stop blood thinners** (e.g. Plavix, Coumadin, Pradaxa, Xarelto, and Eliquis)

**Stop using all aspirin and aspirin products** (Ibuprofen, Advil, Motrin, Naproxen, Aleve, Celebrex.) You may take Tylenol as needed.

## **The Day Before your Procedure, ALL DAY:**

### **DO**

**Begin a clear liquid diet.** Examples of clear liquids include: water, clear broth, apple juice, white grape juice, clear soda, frozen juice bars, coffee or tea– no cream or sugar.

**Drink 6-8 glasses of water** throughout the day.

**Stop all Aminosalicylates** (Colazal, Asacol, Canasa, Rowasa, Dipentume, Azulfidine, etc.)

### **DO NOT**

**Eat solid food**

**Drink alcohol** – even if it's clear

**Drink or eat anything that is red, blue or purple**

**At 6PM the Evening Before Your Procedure, Begin Drinking the First Dose of Your Prepopik Solution.** Please ignore package instructions and follow the directions below:

- Begin filling the dosing cup with 5 oz. of cool water (it will hit the lower line of the cup) Pour 1 powder packet into the dosing cup
- Stir 2-3 minutes and drink the entire solution Fill your dosing cup with clear liquid to the top line (8 oz) and drink.
- Continue to drink 8 oz of clear liquid every 15 minutes until 40 oz. has been consumed. Your prep should be complete in no more than 90 minutes.

## **The Day of Your Procedure**

**You are not allowed to eat anything after midnight. You can drink your prep solution and water up until 4 hours prior to your procedure. No chewing gum, throat lozenges, candy or mints either. EXCEPTION: You may take your approved medications with a small sip of water. .**

### **If your procedure is scheduled before 11am, at 4am:**

- begin filling the dosing cup with 5 oz. of cool water (it will hit the lower line of the cup)
- Pour 1 powder packet into the dosing cup
- Stir 2-3 minutes and drink the entire solution
- Fill your dosing cup with clear liquid to the top line (8 oz total) and drink.
- Repeat 2 more times, until 24 oz. of clear liquid has been consumed.

**If your procedure is scheduled after 11am, at 6am**

- Begin filling the dosing cup with 5 oz. of cool water (it will hit the lower line of the cup)
- Pour 1 powder packet into the dosing cup
- Stir 2-3 minutes and drink the entire solution
- Fill your dosing cup with clear liquid to the top line (8 oz total) and drink.
- Repeat 2 more times, until 24 oz. of clear liquid has been consumed.

Upon successful completion of your prep, your stool should be light yellow to clear in color with no solid particles. If not, please call the pre-op assistant at 410-224-3636 ext. 496 for further instructions.

**Reminders:**

You must have a driver to take you home after your procedure. A taxi or shuttle service is not approved without a family member or friend. Public transportation or walking is not allowed. If you do not arrive with a caretaker, your procedure will be rescheduled and you may be charged a \$100 rescheduling fee.

Please bring your blood pressure medicine with you to your procedure.

**If you have any questions about your prep,  
please call 410-224-3636 ext. 496.**