

## PREPOPIK BOWEL PREP INSTRUCTIONS FOR THE DAY BEFORE YOUR COLONOSCOPY

On the day before your procedure.....

What you CANNOT DO:

- DO NOT drink milk or liquids that you can't see through
- DO NOT eat or drink anything colored red or purple
- DO NOT drink alcoholic beverage

Any of the following liquids are OK to drink:

- Water. Strained fruit juices (without pulp) including, apple, white grape, or white cranberry, Ginger ale,  
Coffee or tea (**DO NOT USE ANY DAIRY OR NON-DAIRY CREAMER**), Clear broth, Frozen juice bars  
Gelatin desserts without added fruit or topping (**NO RED, ORANGE OR PURPLE**)

Inside your Prepopik box you will find:

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

**PACKET 1 The afternoon of the day before your procedure:** DATE: \_\_\_\_\_ TIME: 4:00 PM

**STEP ONE (1)**

- Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup

**STEP TWO (2)**

- **Pour** in the contents of ONE(1) packet **STIR FOR 2-3 minutes** until dissolved  
**DRINK** the entire contents.

**STEP THREE (3)**

- **Follow** with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace,  
Within the next 5 hours.

Check off a circle as you finish each drink.

**PACKET 2 The evening of the day before your procedure:** DATE: \_\_\_\_\_ TIME: 10:00 pm

**REPEAT STEPS ONE (1) AND TWO (2) ABOVE**

- **FOLLOW** with at least THREE (3) 8-ounce drinks of clear liquid within 5 hours,  
before bed.

Check off a circle as you finish each drink.

### Indication and Important Safety Information

Prepopik is a prescription medicine used by adults to clean the colon before a colonoscopy. Prepopik cleans you colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

- Do not take Prepopik if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestine (bowel perforation), a very dilated intestine (toxic megacolon), problems with the emptying of food and fluid from your stomach (gastric retention), or any allergy to any of the ingredients in Prepopik.
- Tell your healthcare provider right away if you have any of these symptoms of a loss of too much body fluid (dehydration) while taking Prepopik: vomiting that prevents you from keeping down the additional prescribed amounts of clear liquids that you must drink after taking Prepopik, dizziness, urinating less often than normal, or headache.
- Prepopik and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts (electrolytes) in your blood. These changes can cause abnormal heartbeats that can cause death, seizures (this can happen even if you have never had a seizure), or kidney problems. Your chance of having fluid loss and changes in blood salts with Prepopik is higher if you have heart problems, have kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDS). The most common side effects of Prepopik include nausea, headache, and vomiting.