



Digestive Health Specialists

OF THE SOUTHEAST

INSTRUCTIONS FOR OUTPATIENT PROCEDURES/COLONOSCOPY

PREPOPIK PREPARATION

1. **FIVE DAYS PRIOR TO PROCEDURE: (Restricted Residue Diet) DO NOT EAT** nuts, seeds, popcorn, or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, etc.
2. **ONE DAY PRIOR TO PROCEDURE:** You may only eat or drink clear liquids the entire day prior to your test. You may have Jell-O, popsicles, clear juices that have no pulp, black coffee, tea, colas, etc. **NOTHING RED, PURPLE, OR BLUE AND NO DAIRY PRODUCTS!!!**
3. At 5:00pm the day prior to the procedure, fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup.
4. Pour in the contents of ONE (1) packet and stir for 2-3 minutes until dissolved and drink the entire contents of the cup.
5. Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace within the next 4 hours, before bed.
6. The morning of your procedure (or at least 5 hours before your colonoscopy) repeat steps 3 and 4 with the second packet in your kit.
7. Follow with at least THREE (3) 8-ounce drinks of clear liquid within 5 hours, before the colonoscopy.
8. On the day of your procedure do not drink anything two hours prior to your arrival time. It is okay to take your required medication with only a small amount of water.