

YOUR COLONOSCOPY IS SCHEDULED FOR: DATE _____ TIME _____ am/pm

At: _____ HVCDH or _____ Hospital (check one)- **PLEASE REPORT 1 HOUR PRIOR TO APPT!**

The day before your colonoscopy begin a clear liquid diet (attached) and remember to stay well-hydrated!

DAY 1

The day before your colonoscopy procedure:

DATE: / /

START PREP ANY TIME BETWEEN 4 AND 6 PM!

IMPORTANT:

Drink plenty of clear liquids throughout the entire day to stay hydrated!!

See approved clear liquids on reverse side.

STEP ONE:

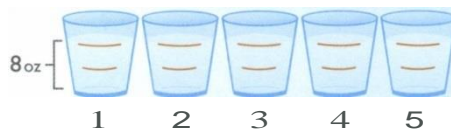
- Fill the dosing cup provided with cold water up to the lower (5-ounce) line
- Pour in the contents of ONE (1) packet and stir for **3 minutes** until dissolved

Drink the entire contents!



STEP TWO:

Follow with minimum of FIVE (5) 8-ounce glasses of clear liquids, taken at your own pace within the next 2 hours, before bed.



See approved clear liquids on reverse side.

DAY 2

The morning of your procedure:

DATE / / FINISH BY: _____ am/pm

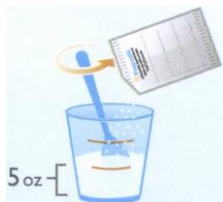
FINISH 3 to 4 hours before your colonoscopy

OR start 6 hrs. prior to appointment

REMINDER

Drink clear liquids to stay hydrated up until 3 hours before colonoscopy.

See approved clear liquids on reverse side.



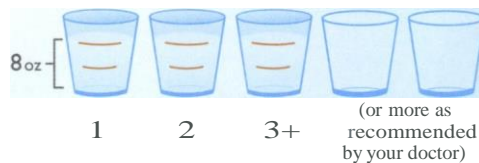
STEP ONE:

- Fill the dosing cup provided with cold water up to the lower (5-ounce) line
- Pour the contents of ONE (1) packet and stir for **3 minutes** until dissolved

Drink the entire contents!!

STEP TWO:

Follow with a MINIMUM of THREE (3) 8-ounce drinks of clear liquid within 4 hours before the colonoscopy



REMINDER: You must finish all liquids at least 3 hours before your colonoscopy.

Indication and Important Safety Information: Prepopik is a prescription medicine used by adults to clean the colon before a colonoscopy. Prepopik cleans your 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.

• Please see Important Safety Information accompanying full Product Information.



Patient Instruction Video

To watch a brief demonstration of these instructions scan this code with your smartphone or visit our website at www.prepopik.com/patientvideo

Additional information on reverse side....

ACCEPTABLE CLEAR LIQUID DIET

The day before your procedure:

CHICKEN BROTH ONLY -**NO NOODLES!**

WON TON BROTH ONLY-**STRAINED!**

APPLE JUICE

GINGERALE

7-UP/SPRITE

NO DYE PEPSI CLEAR

WHITE GRAPE JUICE

WHITE CRANBERRY JUICE

ANY **DYE-FREE** FITNESS WATER

SELTZER-FLAVORED OK

COFFEE/TEA **WITHOUT MILK or CREAMERS!**

ICE POPS (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

GATORADE (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

JELLO (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

WATER- FLAVORED OK

***OK TO MIX & MATCH- HAVE AS MUCH AS YOU WANT IF YOU'RE FEELING HUNGRY-**

MORE IS BETTER DON'T SKIMP!

ALSO OK TO HAVE BEFORE, DURING & AFTER PREP UNTIL MIDNIGHT THE EVENING BEFORE*

****PATIENTS MAY HAVE CLEAR FLUIDS UNTIL 3-4 HOURS PRIOR TO PROCEDURES THEN NOTHING! ****