

Prepopik Instruction Sheet

You must stay on a clear liquid diet all day! Clear liquids: broth, water, Gatorade, coffee or tea without milk or creamer, apple or white grape juice, no-pulp fruit juices (such as lemonade), carbonated beverages, Jell-O or popsicles. Please avoid RED, PURPLE , or ORANGE liquids. Also, avoid any milk products.

At 6:00 pm- Mix the **PREPOPIK** packet with 5 ounces of cold water.

Stir mixture for 2-3 minutes, until the mixture is warm.

Drink all of the solution.

Next, drink 5 - ounce cups of clear liquids, at a rate that is comfortable for you.

Five hours prior to your arrival time at the surgical center, Mix the **PREPOPIK** packet with another 5 ounces of cold water. Stir for 2-3 minutes, and drink the solution, followed by an additional 3 eight ounce cups of clear liquids.

No further fluids after this dose of medicine, unless you are taking a heart, blood pressure, thyroid seizure or diabetic medicine. If this is the case, please take your medicine with just a small sip of water. Please refer to your physician if you have any medication concerns.