

Prepopik™ Colonoscopy Preparation

COLONOSCOPY DATE: _____ For: _____

Check In Time: _____ Procedure Time: _____ Pick-up Time: _____

- PURCHASE one (1) Prepopik™ Kit from your pharmacy.
- If instructed by your doctor, do not take Aspirin, Coumadin®, Warfarin®, Plavix®, Aleve®, Ibuprofen, Advil®, Motrin® and/or any arthritis medications 2 days before your colonoscopy as these can thin your blood. Tylenol® is allowed.
- DO NOT take iron supplements or bulk agents like Metamucil®, Fiberall®, Citrucil®, or Benefiber® for 2 days prior to your examination.
- ARRANGE for a driver to pick you up and transport you home. YOU MAY NOT TAKE A TAXI. (References for medical transportation are available).
- It is recommended you do not drive for 16 hours after your examination.
- Continue taking your routine medications during your preparation period and on the day of you exam unless otherwise instructed.

ONE DAY BEFORE YOUR EXAM: _____

1. STAY ON A CLEAR LIQUID DIET FOR BREAKFAST, LUNCH, AND DINNER. NO SOLID FOODS!

You may have any or all of the following:

Coffee or tea (NO milk or creamer), water, carbonated sodas, broth, bouillon, consommé, Snapple®, Crystal Light®, clear fruit juices (NO pulp), freeze pops (NO red color), Jell-O® (NO fruit, NO red color), apple juice, and cranberry juice.

NO MILK, DAIRY PRODUCTS, RED JELL-O®, ORANGE JUICE, GRAPFRUIT JUICE OR PRUNE JUICE. NO LEMONADE WITH PULP AND NO DRINKS WITH PROTEIN ADDED.

2. FOLLOW THE PREPOPIK™KIT INSTRUCTIONS ON PAGE TWO THE EVENING BEFORE YOUR EXAM.

DATE OF YOUR EXAM: _____

You may drink clear liquids up until 3 hours before your check in time. PLEASE DO NOT DRINK ANTHING AFTER THIS TIME UNTIL YOUR PROCEDURE IS COMPLETE.

- | | | |
|---|---|--|
| <input type="checkbox"/> Digestive Disease Center
24411 Health Center Drive, #450
Laguna Hills, CA 92653
949.586.9386 | <input type="checkbox"/> Laguna Hills Surgery Center
24331 El Toro Road, #150
Laguna Woods, CA 92637
949.855.0562 | <input type="checkbox"/> Mission Hospital – Laguna Beach
31872 Coast Highway
So. Laguna Beach, CA 92677
949.499.1311 |
|---|---|--|

****PLEASE CALL OUR OFFICE AT 949-238-8050 WITH ANY QUESTIONS.****

PATIENT INSTRUCTION SHEET

DAY-BEFORE regimen

Afternoon AND evening before the procedure



PACKET

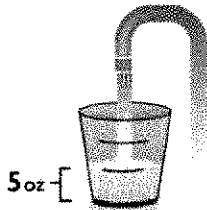
1

The afternoon of the day before your procedure

DATE / / TIME PM to PM

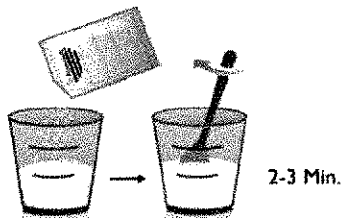
STEP ONE

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



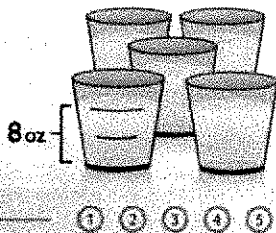
STEP TWO

- Pour in the contents of ONE (1) packet
- Stir for 2-3 minutes until dissolved
- Drink the entire contents



STEP THREE

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.

Please see Important Safety Information on reverse side.
Please see accompanying full Product Information.



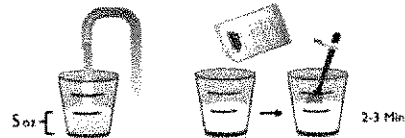
PACKET

2

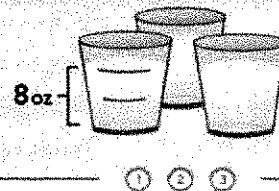
The evening of the day before your procedure

DATE / / TIME PM to PM

Repeat STEPS ONE and TWO



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.

Your colonoscopy is scheduled for

DATE / / TIME : PM
AM

 **Prepopik**TM

(sodium picosulfate, magnesium oxide, and anhydrous citric acid) for oral solution

10 mg/3.5 g/12 g per packet

Indication

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.

Additional information on reverse side. ►