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**Gastroenterology,
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Prepopik® Bowel Preparation

Your procedure is scheduled for ____/____/____ at _____ □ AM □ PM at:

SJH Outpatient Pavilion
Endoscopy Center 2nd floor
1140 W. La Veta Avenue
Orange, CA 92868
714. 744.8709

La Veta Surgical Center
681 S. Parker Street
Suite 150
Orange, CA 92868
714. 744.0900

Patient Instructions

ONE WEEK prior to procedure cease iron intake, this includes vitamins containing iron.

TWO DAYS prior to procedure avoid consuming; nuts, popcorn, raw fruit and raw vegetables and salads.

ONE DAY prior to procedure begin a clear liquid diet upon waking. (*you can find this diet on our website.*)

The night prior to procedure prepare your first Prepopik® dose:

Step 1

Fill the Prepopik® mixing container with cold water up to the cup's lower line (5 oz.).

Step 2

Empty ONE (1) Prepopik® packet into the container and stir continuously (3 minutes), until the contents are fully dissolved. Beginning at _____(am/pm) drink your entire first dose.

Step 3

Drink FIVE (5), 8 oz. cups of any clear liquid at your own pace within the next 5 hours and before bed.

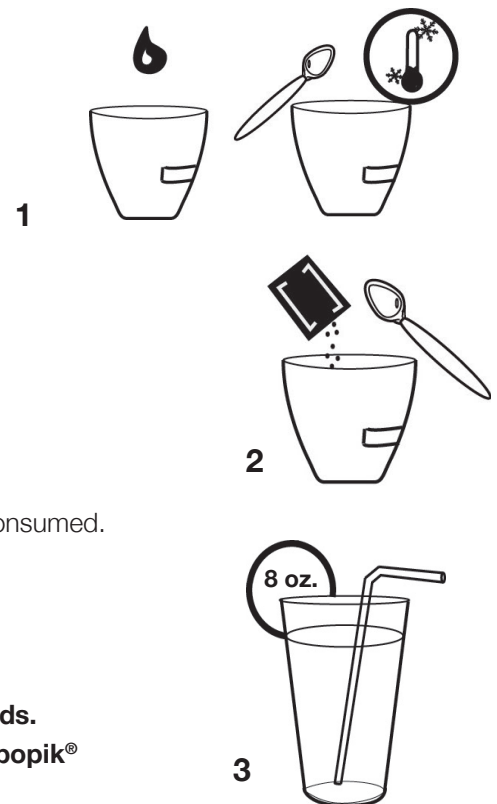
DAY OF procedure, prepare a second dose of Prepopik® solution.

You should take blood pressure/heart medications only with a sip of water in the morning; no food or other liquids should be consumed.

3-5 HOURS prior to procedure drink your newly mixed second dose of Prepopik® solution **followed by 3, 8 oz.** cups of any clear liquid of your choice.

After your last dose of Prepopik® do not consume any food or liquids.

Nothing to eat or drink after midnight except your last dose of Prepopik®



* Please bring a friend or relative to drive you home after your procedure.

The procedure will be canceled if you fail to bring a driver with you.

No taxis or public transit may be used. You will spend approximately 3 hours at the facility.