

PREPOPIK (THE SHORT STORY)

ONE WEEK BEFORE THE PROCEDURE

- Arrange for a **DRIVER**.
- Stop taking **IRON, CHARCOAL, and PEPTO BISMOL**.
- If you take **BLOOD THINNERS**, contact your prescribing doctor for instructions on dosing management.
- Go to the pharmacy and grocery store to pick up:
 - Preparation solution
 - Miralax OTC or generic polyethylene glycol 3350 (one 238 gram bottle)
 - Clear liquids and low residue foods for the days before the procedure
 - Baby wipes with aloe and/or diaper rash cream
- Begin taking **Miralax 1 capful mixed in 8 oz. of fluid twice daily during the week prior to the procedure.**

THREE DAYS BEFORE THE PROCEDURE

- Stop eating any high residue foods (ex. popcorn, seeds, nuts, raw fruits and vegetables) — nothing that can crunch in your mouth!

DAY BEFORE THE PROCEDURE

- **BREAKFAST** = you may have white food with close to zero fiber (ex. cheese, egg, vanilla yogurt, white bread, chicken) before 10 a.m..
- **LUNCH AND DINNER** = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles) after 10 a.m.. No red or purple liquids!
- **6:00 P.M.**
 - Fill the dosing cup with cold water up to the lower line (5 oz.).
 - Pour in the contents of the first packet.
 - Stir for 3 minutes until the powder is dissolved.
 - Drink the entire solution.
 - Then drink at least 40 oz. of additional clear liquids within the next 5 hours.

MORNING OF YOUR PROCEDURE

- **4 hours before you plan on leaving for your procedure:**
 - Fill the dosing cup with cold water up to the lower line (5 oz.).
 - Pour in the contents of the second packet.
 - Stir for 3 minutes until the powder is dissolved.
 - Drink the entire solution.
 - Then drink at least 24 oz. of additional clear liquids within the next 2 hours.
 - You **MUST FINISH** the final glass of clear liquid **AT LEAST THREE HOURS BEFORE YOUR PROCEDURE!**
- **3 hours before your scheduled procedure time:**
 - Absolutely nothing more to eat or drink!
- **40 minutes before your scheduled procedure time:**
 - Check in at **40 Skokie Boulevard in Northbrook, Suite 110.**

IF YOU HAVE ANY FURTHER QUESTIONS OR NEED MORE DETAILS, PLEASE REFERENCE THE "LONG STORY".



COMPREHENSIVE
GASTROINTESTINAL HEALTH