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 Pembroke Pines, FL 33024  
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GASTROINTESTINAL DIAGNOSTIC CENTERS  
 Drs. Steiner, Yotseff, Dooreck & Cohen  
 www.browardgi.com

**Purchase at the Pharmacy**

**1. Prepopik**

**IMPORTANT: STOP** NSAIDs (i.e. Motrin, Advil, ibuprofen, Aleve, Naprosyn), and iron for one week prior to the procedure. **STOP** Aspirin, Plavix (or other antiplatelet agent) and Coumadin (or other anticoagulation agent) prior to the procedure **as instructed**. Tylenol (acetaminophen) is OK.

**Day Before Your Procedure**

**Morning:** Have a **light breakfast** (eggs, toast). You must not have solid food after breakfast. You can continue to drink clear liquids all day (**until midnight**).

**Noon:** Clear liquids only.

**Evening:** Clear liquids only.

- ✓ Water or Coconut Water
- ✓ Crystal Light® (Not red)
- ✓ Apple or Orange Juice (No Pulp)
- ✓ Coffee or Tea (No milk or cream)
- ✓ Gatorade® (Not red)
- ✓ Sodas (May cause bloating)
- ✓ Clear bouillon soup (No fat)
- ✓ Popsicles (Not red)
- ✓ Jello® (Not red)
- ✓ Ensure® or Boost®

**Note:** Drink plenty of clear liquids on the day before the procedure. Take your usual blood pressure medications.

**Preparation Instructions**

**Around 6:00 p.m. on the day before the procedure** prepare your laxative solution.

- **STEP 1 – Fill the dosing cup provided to the lower (5-ounce) line on the cup with chilled water.**
- **STEP 2 – Pour in the contents of ONE (1) packet. Stir for 2-3 minutes until dissolved. Drink the entire contents.**
- **STEP 3 – Then drink FIVE (5) 8-ounce drinks of a clear liquid of your choice within the next five (5) hours, before bed.**
- Continue drinking **until the containers are finished.**
- If cramping, bloating or vomiting occurs, slow down or take a break for about an hour and then resume drinking at a slower rate.
- If bloating or nausea occurs, it should improve as bowel movements continue.

**DO NOT EAT ANYTHING after midnight**

**You cannot drive | Arrange transportation in advance**

**Referrals will be handled by our office for all procedures**

**For Prepopik assistance go to [www.prepopik.com](http://www.prepopik.com)**

**Colonoscopy Preparation Instructions**

**Prepopik**

**Day of the Procedure**

**STEP 4 – Four (4) Hours Before** your procedure **REPEAT STEP 1 and STEP 2.**

**STEP 5 – Then drink THREE (3) 8-ounce drinks of a clear liquid of your choice at least three (3) hours before the colonoscopy.**

**DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE EXCEPT THE LAXATIVE AND CLEARS**

- **TAKE YOUR USUAL BLOOD PRESSURE MEDICINE WITH A SIP OF WATER.**
- **For diabetics on insulin: USE ONE-HALF (1/2) OF YOUR USUAL INSULIN DOSE the morning of the procedure and the other one-half (1/2) after the procedure.**



**DATE** \_\_\_\_\_

**TIME** \_\_\_\_\_

**WALNUT CREEK MEDICAL CENTER**  
 1779 N. University Drive | Suite 101  
 Pembroke Pines, FL 33024  
**University & Taft**  
 NE Corner | Behind CVS & Wendy's  
 (954) 963-0888

**MEMORIAL HOSPITAL PEMBROKE**  
 University & Sheridan | Outpatient  
 The hospital will call the day before  
 (954) 962-9650