

PREPOPIK PREPARATION INSTRUCTIONS

DAY BEFORE YOUR PROCEDURE

- No food today, just clear liquids.
- At 5:00 P.M. - fill cup with cold water to the 5 ounce line. Add 1 packet of prepopik, stir for 3 minutes and drink immediately.
- Over the next 5 hours you need to drink 5 eight ounce cups of any clear liquid of your choice. (see 1st page for a list of clear liquids)
- Stay on clear liquids

DAY OF YOUR PROCEDURE

- 6 hours before your procedure - fill cup with cold water to the 5 ounce line. Add 1 packet of prepopik, stir for 3 minutes and drink immediately.
- Over the next hour and a half, you need to drink 5 eight ounce cups of any clear liquid of your choice. (see 1st page for a list of clear liquids)
- Nothing after that not even water, unless you take Blood pressure, heart, anxiety or seizure medicine, you may take any of those medications with a sip of water at least 2 hours before your procedure.

Day of Procedure: _____

Arrival time: _____

___ Yale New Haven Hospital(Smilow)-35 Park St, New Haven (Smilow 4th Floor).

___ Yale (Saint Raphael's campus)-330 Orchard St. New Haven (2nd floor, GI suite)

___ Digestive Disease Endoscopy Suite, 229 Montowese St., Branford

___ Yale Shoreline Hospital, 11 Goose Lane, Guilford