

Noah Zinkin, MD, MMSc
775 Park Avenue, Suite 225
Huntington, NY 11743
(631) 923-1420

Prepopik – Evening Before Prep

*Please remember to arrange for a responsible adult to accompany you home. If you do not have an adult escort your procedure will be cancelled and rescheduled. Taxis are not permitted.

Review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call 631-923-1420

1 Week Prior

Go to pharmacy and fill your prescription for Prepopik. Please call our office if you did not receive a prescription.

If you take fiber supplements or vitamins containing iron, please discontinue 5 days before your appointment.

If you have diabetes, please ask us for diet and medication instructions.

If you take aspirin, plavix, Coumadin, or other blood thinners, please discuss with Dr. Zinkin whether you should continue or discontinue these prior to your procedure.

3 Days Prior

Begin Low Fiber Diet (No raw fruits or vegetables, no whole wheat or high fiber, no seeds, nuts or popcorn, no bran or bulking agents)

The Day Prior

You may have a light, low fiber breakfast (eggs or white bread toast are good choices). Afterwards, begin a clear liquid diet. This includes water, clear broth or bouillon, coffee or tea, Gatorade, carbonated & non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy. For lunch, you may have ice cream, a milkshake, or yogurt that does not contain seeds, nuts or anything solid. Drink at least 64 ounces (1/2 gallon) of clear liquid throughout the day.

NO RED LIQUIDS

Prepopik Instructions:

Starting at 5:30 PM the evening before your procedure:

Fill the provided cup to the lower line (5 oz) with cold water.

Add one packet of Prepopik powder and stir until dissolved. Drink the entire contents.

Drink additional five 8 oz drinks (40 ounces total) of clear liquid over the next 2 hours.

Starting at 9:30 PM the evening before your procedure:

Take the second packet of solution following the same process completed the earlier.

Drink additional five 8 oz drinks (40 ounces total) of clear liquid over the next 2 hours.

Do not eat or drink anything after 2AM.

On the procedure day:

Do not eat or drink anything. Morning medications may be taken with a sip of water.

Leave your valuables at home

Please arrange for a responsible driver to take you home. Taxis are not permitted.

Remember that no driving or work is permitted on the day of the procedure.