

**HUDSON VALLEY GASTROENTEROLOGY, PC**  
**PROCEDURE PREP**

Your prep day is 00/00/0000

**You will need to fill your prescription for Prepopik at your local pharmacy. If your insurance does not cover Prepopik your prep instructions are subject to change, please contact our office for updated instructions. Only follow instructions from this office, do NOT follow instructions from your pharmacy.**

**Instructions for prep:**

- You must remain on a clear liquid diet all day (day before exam). This starts from the time you get up until Midnight.

**Beginning at 6:00 PM (Day before Exam):**

- Fill the dosing cup with cold water up to the lower line (5 oz.)
- Pour in the contents of 1 packet.
- Stir for **2-3 MINUTES** until powder is dissolved.
- Drink it ALL.
- Follow that by drinking (5) 8 oz (upper line) cups of clear liquid over the next 5 hours
- Continue on clear liquids until midnight, then nothing by mouth EXCEPT for morning dose.

**Beginning at ---:-- - 5 hours before your procedure (Day of Exam)**

- Fill the dosing cup with cold water up to the lower line (5 oz.)
- Pour in the contents of 1 packet.
- Stir for **2-3 MINUTES** until powder is dissolved.
- Drink it ALL.
- Follow that by drinking at least (3) 8 oz (upper line) cups of clear liquid over the next hour
- Do not have **ANYTHING** to drink for 3 hours before your procedure.

**Clear Liquid Diet List**

{A clear liquid is any liquid that you can see through}

**Nothing RED or ORANGE in color**

**No milk, Cream or Soy milk in your coffee or tea**

**No alcoholic beverages please**

Please drink as much as possible **IN ADDITION** to your prep solution.

**You May Have:**

- Clear Soups and Broths (no pasta/veggies) (water based chicken or beef broth is OK)
- Clear Juices: Apple, White Grape, White Cranberry
- Instant Drink Mixes: Iced Tea, Lemonade, Crystal Light, Gatorade, Propel, Pedialyte or other Flavored Waters
- Hard Candy: No Red or Orange (Butterscotch & Root Beer are OK)
- JELL-O Gelatin: Grape, Lime, Berry Blue, Pineapple, Lemon
- Popsicles/Italian Ice: Any Flavor that is **NOT** Red or Orange in color
- Clear Sodas and Seltzer Water (note: these should be limited due to carbonation)
- Tea: Any Kind: Black tea, Green tea, Earl Grey, Oolong, White tea, Herbal tea etc.
- Coffee: Black with sugar is OK, NO milk, soy milk or powdered creamers

**YOU MAY USE:** Sugar, Honey, or Lemon to flavor any liquid.