

COLON RECTAL SURGICAL ASSOCIATES, LLC

James J. Zalucki, MD Vincent Cifello, MD Martha Koch, MD

PREPOPIK BOWEL PREP FOR COLONOSCOPY

Dear _____ :

Your colonoscopy will be performed at _____
on _____ at _____. Please arrive ONE HOUR BEFORE your
procedure is scheduled for registration and preparation. The facility may ask you to pay a co-pay or
deductible at that time.

Please get the attached prescription filled a few days before your colonoscopy.

The day before your procedure:

The day before your procedure, you may have a light breakfast by **10:30AM**, then drink only **CLEAR LIQUIDS** for lunch and dinner. No solid foods. *See Clear Liquid Diet* for description of clear liquids. It is important that you drink as much clear liquid as you can throughout the day to avoid dehydration due to the multiple bowel movements.

FIRST REGIMEN:

At **4:00 PM**, fill the dosing cup provided, with cold water up to the lower (5 Ounce) line of the cup. Pour in the contents of ONE (1) packet. Stir for 2-3 minutes until dissolved.

DRINK THE ENTIRE CUP

Follow with **FIVE (5), 8 ounce drinks of clear liquid, taken at your own pace within the next 5 hours.**

THE DAY OF YOUR PROCEDURE:

SECOND REGIMEN: Take this regimen the morning of your procedure. **Start 4-5 hours prior to your procedure at _____, REPEAT the above listed instructions using the second packet.**

IT IS VERY IMPORTANT THAT YOU DRINK LIQUIDS ALL DAY TO ENSURE A PROPER CLEANOUT.

Prepopik is a prescription medicine used by adults to clean the colon before a colonoscopy. Prepopik cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

Do not take Prepopik if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine, an opening in the wall of your stomach or intestines, a very dilated intestine problems with emptying of food and fluid from your stomach, or any allergy to any of the ingredients in Prepopik.

Tell your healthcare provider right away if you have any of these symptoms of a loss of too much fluid while taking Prepopik: vomiting that prevents you from keeping down the additional prescribed amounts of clear liquids that you must drink after taking Prepopik, dizziness, urinating less often than normal, or headache.

Prepopik and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts in your blood. These changes can cause abnormal heart beats that can cause death, seizures (this can happen even if you have never had a seizure), or kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDS). The most common side effects of Prepopik include nausea, headache, and vomiting.

Your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety, and success of your preparation. Failure to take the prep as indicated may result in a poorly cleansed colon and the cancellation of the procedure.

The day of your procedure:

- If you take medication, you may have it the morning of the procedure with a small amount of water. . You may brush your teeth.
- Arrive at the facility ONE HOUR BEFORE your procedure is scheduled.
- Remember, you will be sedated for this procedure. Please make arrangements for someone to drive you home.
- Make sure you have your insurance cards with you and a list of any medications that you are taking, including the dosage. Also, be prepared to answer questions about your medical history.

Clear Liquid Diet:

Coffee, tea, hard candy, water, carbonated beverages, apple juice, white grape juice or white cranberry juice, Gatorade, soft drinks, Jello (no fruit added), icy popsicles and clear chicken and beef broth.

Do not drink alcohol, dairy products (including non-dairy creamer) or any liquid with red or purple food coloring.

Medications:

- Stop taking FISH OIL and VITAMIN E 10 days prior.
- Do not take any aspirin or aspirin containing medicine 10 days prior to the procedure.
- Stop taking NSAIDS (motrin, advil, ibuprofen, alieve, naprosyn, celebrex) 2 days prior to the procedure.
- Stop taking Coumadin 5 days prior to the procedure
- Stop taking Plavix 10 full days prior to the procedure unless instructed differently by your primary care physician
- Discuss changes in your insulin dosage with your primary care physician.
- Tylenol is safe to use as a pain reliever.
- Continue all other medications and bring a list of all current medications with you on the day of your procedure.

Please call our office if you have any questions concerning this prep or your procedure at 410-730-1712.

YOUR COLONOSCOPY IS SCHEDULED FOR DATE / / TIME : AM / PM

The day before your colonoscopy begin a clear liquid diet (no solid food or milk) and remember to stay well-hydrated

DAY 1

The evening before your colonoscopy procedure

DATE / /

START TIME PM

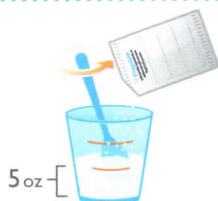
(Between 5-9 PM)

IMPORTANT

Drink plenty of clear liquids throughout the entire day to stay hydrated. See approved clear liquids on reverse side.

STEP ONE

- Fill the dosing cup provided with **cold** water up to the lower (5-ounce) line
- Pour** in the contents of ONE (1) packet and **stir** for 2-3 minutes until dissolved
- Drink** the entire contents



STEP TWO

Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace within the next 5 hours, before bed



See approved clear liquids on reverse side.

DAY 2

The morning of your procedure

DATE / /

START TIME AM

(5 hours before your colonoscopy)

REMINDER

Drink clear liquids to stay hydrated up until 2 hours before colonoscopy. See approved clear liquids on reverse side.

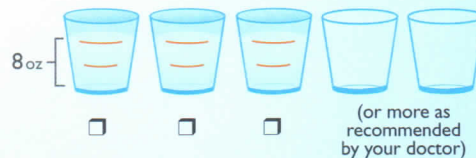
STEP ONE

- Fill the dosing cup provided with **cold** water up to the lower (5-ounce) line
- Pour** in the contents of ONE (1) packet and **stir** for 2-3 minutes until dissolved
- Drink** the entire contents



STEP TWO

Follow with a **MINIMUM** of THREE (3) 8-ounce drinks of clear liquid within 5 hours, before the colonoscopy



NOTE: You must finish all liquids at least 2 hours before your colonoscopy.

Indication and Important Safety Information

Prepopik is a prescription medicine used by adults to clean the colon before a colonoscopy. Prepopik cleans your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

- Do not take Prepopik if your healthcare provider has told you that you have serious kidney problems, a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestines (bowel perforation), a very dilated intestine (toxic megacolon), problems with the emptying of food and fluid from your stomach (gastric retention), or an allergy to any of the ingredients in Prepopik
- Tell your healthcare provider right away if you have any of these symptoms of a loss of too much body fluid (dehydration) while taking Prepopik: vomiting that prevents you from keeping down the additional prescribed amounts of clear liquids that you must drink after taking Prepopik, dizziness, urinating less often than normal, or headache (**Important Safety Information continued on the other side**)

PATIENT INSTRUCTION SHEET

SPLIT-DOSE regimen

Evening before AND day of the procedure

What's Inside

Inside your Prepopik box you will find:

- One (1) dosing cup
- Two (2) packets of Prepopik powder
- Complete Product Information for your reference



For medical information or customer service related inquiries please call 1-888-FERRING (1-888-337-7464)

Important Safety Information (*continued*)

- Prepopik and other bowel preparations can cause serious side effects, including serious loss of body fluid (dehydration) and changes in blood salts (electrolytes) in your blood. These changes can cause abnormal heartbeats that can cause death, seizures (this can happen even if you have never had a seizure), or kidney problems. Your chance of having fluid loss and changes in blood salts with Prepopik is higher if you have heart problems, have kidney problems, or take water pills or non-steroidal anti-inflammatory drugs (NSAIDs). The most common side effects of Prepopik include nausea, headache, and vomiting

Please see accompanying full Product Information.

Clear Liquids

Here are some examples of clear liquids your healthcare provider may recommend:

- Water
- Clear broth
- Apple juice
- White cranberry juice
- White grape juice
- Ginger ale
- Plain gelatin (no red or purple)
- Frozen juice bars (no red or purple)


DO NOT drink any of the following:

- **NO** red or purple liquids
- **NO** liquids that you can't see through (no milk or dairy)
- **NO** alcoholic beverages

Patient Instruction Video

To watch a brief demonstration of these instructions, scan this code with your smartphone or visit our website at www.prepopik.com/patientvideo.



 **Prepopik**[®]
(sodium picosulfate, magnesium oxide, and anhydrous citric acid) for oral solution
10 mg/3.5 g/12 g per packet