

Prepopik Instructions

To Prepare:

If you take Coumadin, Warfarin, Plavix, Pradaxa, Effient, Xarelto, Eliquis or Aggrenox, you may need to stop it 5 days prior to your procedure. Consult your cardiologist or primary care physician to determine if this is necessary for you. If you are diabetic, please consult your primary care physician regarding your medication and diet

The day before your test:

Drink only clear liquids. Avoid all red or purple colored liquids. Drink plenty of fluids so that you stay hydrated. Do not eat any solid food or milk products until your test is done.

Clear liquids:

- Water
- Strained fruit juices (no pulp)
- Popsicles
- Ice
- Coffee or tea (no milk or cream)
- Gatorade
- Clear broth or bouillon
- Jello
- Kool Aid
- Soft drinks

PACKET ONE (FIRST DOSE, NIGHT BEFORE PROCEDURE): Take at _____

1. Fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup
2. Pour in the contents of ONE (1) packet and stir for 2-3 minutes until dissolved. Drink the entire contents of the cup.
3. Follow with FIVE (5) 8-ounce drinks of clear liquid

PACKET TWO (SECOND DOSE, MORNING OF PROCEDURE): Take at _____

1. Repeat Steps One and Two.
2. Follow with at least THREE (3) 8-ounce drinks of clear liquid.
3. DO NOT HAVE ANYTHING TO EAT OR DRINK 4 HOURS PRIOR TO PROCEDURE TIME.

If you need to take your morning medicines, take with small sips of water only.

You will need to have someone with you to take you home after your procedure. You will not be able to leave by yourself and it will not be safe for you to drive because of the medicine you are given at the start of the test. Taxis and buses are not acceptable. You can expect to be at the facility 2-3 hours from your arrival time.

Talk to your doctor or nurse if you have any questions or concerns.

Please report to:

Baylor Ambulatory Endoscopy Center, 4708 Alliance Blvd. Ste. 210, Plano, TX 75093 (469) 800-6021 (www.baylorendoscopycenter.com) Please print, fill out and bring with you the BAEC patient packet from the website.

PLEASE CALL THE OFFICE AT 469-800-6020 AT LEAST 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE.