

Colonoscopy Checklist

Your healthcare team will tend to you during your colonoscopy. Here are some tips and things to think about before and after your colonoscopy:

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

Prep for the prep



Start hydrating

- Start hydrating before you start the prep, and follow your healthcare provider's instructions



Get ready for your big day

- Schedule the day off from work and arrange for a friend or family member to take you to and from your procedure
- Fill your colonoscopy prep prescription



Download tools to help you prep

- Download the Patient Prep Kit (along with this colonoscopy checklist) to stay reminded of important instructions
- Call your healthcare provider if you have any questions

–Remember to talk to your healthcare provider about any medications you are taking

Prep day



It's time to prep

- Make sure to refer to dosing instructions and recommended clear liquids in the How to Take PREPOPIK[®] section of PREPOPIK.com
- Remember, each dose of PREPOPIK[®] must be stirred for 3 minutes!
- Wear pants that are easy to take off and on repeatedly and stay near a bathroom—you'll be spending a lot of time in there



Don't forget the essentials

- Stock up on toilet paper, wet wipes, and clear liquids
- Download movies, TV shows, books, games, and apps to keep you entertained while you prep

After your colonoscopy



Time to unwind

- Plan on resting the remainder of the day, and don't drive or operate any machinery
- Ease back into eating—you might feel very hungry, but start with a light meal and gradually return to your normal diet
- Motivate more people to get a colonoscopy and protect themselves from colorectal cancer. "Tell a friend" about Prepopik. (See the "Share" section under the Savings and Support tab of PREPOPIK.com)

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 resulting from 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

- 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 may result in 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. These are not all the possible side effects of PREPOPIK[®]

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying full Product Information including Medication Guide.

QUESTIONS?

For additional resources, visit PREPOPIK.com. For customer service inquiries, call **1-888-FERRING** (1-888-337-7464).



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