

This is a laxative product--it works very quickly-- the average time until the first bowel movement is within 1 hour of the drinking solution but each patient is different. *FOLLOW ALL OF THE STEPS COMPLETELY or your exam may be cancelled.*

- Fill the prescription for the laxative solution at the pharmacy of your choice.
- Purchase at least one 20oz bottle of Gatorade or similar sports drink
- 5-days before the exam: avoid nuts, seeds, corn, popcorn and skins of raw fruits and vegetables. Also **stop iron** supplements 5 days prior (Multivitamin with iron may be continued)
- 1-day before the exam, you may have clear liquids only. Do not have any milk, cream or solid food until after the exam.

What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

fruit juices	popsicle	Powerade	Pedialyte	water
Gatorade	7-Up, Sprite	bouillon	Kool-aid	tea, iced tea
lemonade	broth(beef, chicken)	Jell-O (no fruit)	black coffee	

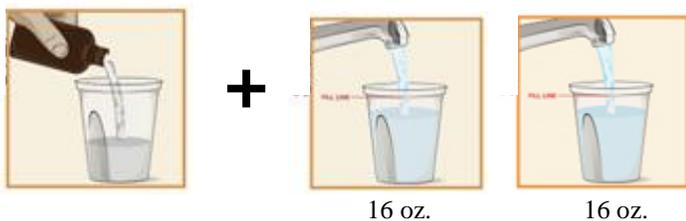
To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process.

We recommend that you have at least 20 oz of Gatorade during the preparation period.

You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

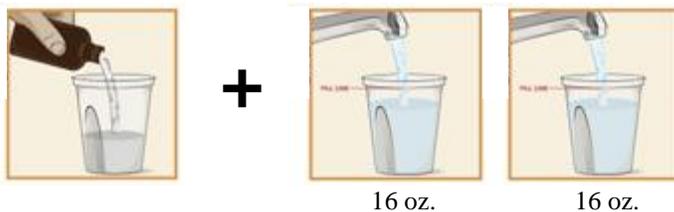
Step 1: At 7:00PM (day before exam)
 Pour **ONE** (1) 6-ounce bottle into the mixing container. Add cool drinking water to the 16 ounce fill line. Drink **ALL** the liquid in the container. **YOU MUST** drink **TWO** (2) 16-ounce containers of water over the next hour. **DO NOT SKIP THIS STEP.**

You may have all the clear liquids you like between Step 1 & Step 2.



Step 2: At _____ AM PM (day of exam)
 Pour **ONE** (1) 6-ounce bottle into the mixing container. Add cool drinking water to the 16 ounce fill line. Drink **ALL** the liquid in the container. **YOU MUST** drink **TWO** (2) 16-ounce containers of water over the next hour. **DO NOT SKIP THIS STEP.**

You must fast after Step 2. No food or drink, not even water, is allowed 4 hours before the exam.



Fasting Time _____ **AM PM**
Arrival Time _____ **AM PM**
Procedure Time _____ **AM PM**

*Of course, you must follow a special diet to prepare for a GI procedure but, in addition to that, we ask you to completely fast. **Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water.** This is necessary due to the sedation or anesthesia that will be used during your test. While you are sedated, or sleeping, fluid from your stomach may be aspirated or move into your lungs. This can be very dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk, and help prevent complications.*

The morning of the procedure take your Heart, breathing, seizure and blood pressure medications with a few sips of water.