





### TIMELINE OF YOUR COLONOSCOPY PREPARATION

The Day Before Your Procedure		
<p><b>Between 5:00 pm to 6:00 pm</b></p>	<p><b>EVENING</b> </p> <p><b>DOSE 1</b></p>  <p><b>MANGO FLAVOR</b></p>	<p>Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time- slowly drink and finish the dose within 30 minutes.</p> <p>Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. Continue to drink additional clear liquids throughout the evening.</p>
The Day of Your Procedure		
<p><b>6 hours Prior to Arrival</b></p>	<p><b>MORNING</b> </p> <p><b>DOSE 2</b></p>  <p><b>FRUIT PUNCH FLAVOR</b></p>	<p>Use the mixing container to mic the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time- slowly drink and finish the dose within 30 minutes.</p> <p>Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. Continue to drink additional clear liquids, but be sure to stop drinking clear liquids at least 2 hours before your procedure arrival time.</p>

### PREPARATION TIPS

1. Since the bowel preparation will cause diarrhea, it is important to plan ahead and stay hydrated. Make a conscious effort to drink clear liquids throughout the day to prevent dehydration.
2. Trying drink the preparation with a straw as this may be easier to tolerate.
3. The bowel preparation will result in diarrhea so please plan appropriately.
4. If you start to feel nauseated, you can pause for 20-30 minutes and then begin drinking the solution more slowly. Some patients say that walking around helps relieve their nausea.
5. Be sure to finish the entire prep or else the colon may not clean adequately.
6. Your output/bowel movements should be clear (or yellow) after you've completed the bowel preparation. If you are still seeing stool/brown after completing the 2nd dose, please call our office.

**DO NOT FOLLOW THE PREP INSTRUCTIONS ON THE PRODUCT'S BOX OR THAT THE PHARMACY PROVIDES. YOU MUST FOLLOW OUR PREP INSTRUCTIONS AS WRITTEN IN THIS DOCUMENT.**