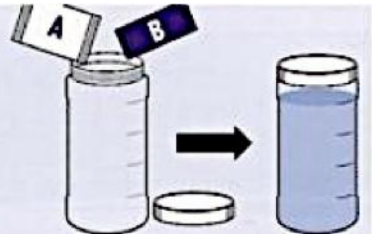
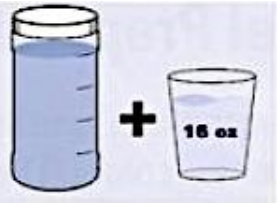


TIMELINE OF YOUR COLONOSCOPY PREPARATION (THE DAY BEFORE YOUR PROCEDURE)

When you go to the pharmacy to pick up your bowel preparation, please also pick up simethicone anti-gas tablets (Gas-X or any generic brand) which are available over-the-counter without a prescription. While this medicine isn't required, taking it as detailed below will improve the quality of your bowel preparation.

The Day Before Your Procedure	
In the Morning	<p>Prepare the solution as instructed below and refrigerate after the solution has dissolved.</p> <div> <ul style="list-style-type: none"> ■ Empty 1 Pouch A and 1 Pouch B into the disposable container ■ Add lukewarm drinking water to the top line of the container. Mix to dissolve  </div>
5:00pm	<div> <ul style="list-style-type: none"> ■ The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is complete ■ Drink 16 oz of the clear liquid of your choice  </div> <ul style="list-style-type: none"> • Be sure to drink the additional 16oz of clear fluids as instructed. • Prepare the second container in the same way instructed above and refrigerate. • Chew two tablets of simethicone 125mg chewable tablets. This can be purchased over-the-counter. This step is preferred, but not essential.
The Day of Your Procedure	
5 hours Prior to Arrival	<p>Drink the second container and additional water as instructed above beginning 5 hours prior to your arrival time.</p> <p>Chew two tablets of simethicone 125mg chewable tablets. This can be purchased over-the-counter. This step is preferred, but not essential.</p>

PREPARATION TIPS

1. Since the bowel preparation will cause diarrhea, it is important to stay hydrated. Make a conscious effort to drink clear liquids throughout the day to prevent dehydration.
2. Try drinking the preparation with a straw as this may be easier to tolerate.
3. 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.
4. Be sure to finish the entire prep or else the colon may not clean adequately which may result in you needing to repeat your colonoscopy within 6-12 months.

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.

5. Your output/bowel movements should be clear (or yellow) after you've completed the bowel preparation. If you are still seeing solid stool/brown stool after completing the 2nd dose, please call our office 312-695-5620.