

### TIMELINE OF YOUR COLONOSCOPY PREPARATION

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   |   |
|---------------------------------|---|
| <b>5:00 pm</b>                  | <ul style="list-style-type: none"> <li>• <b>Step 1:</b> Open 1 bottle of 12 tablets</li> <li>• <b>Step 2:</b> Fill the provided container with 16 ounces of water (up to the fill line). Swallow 1 tablet every 1 to 2 minutes with a sip of water and drink the entire amount of water.</li> <li>• <b>Step 3:</b> Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.</li> <li>• <b>Step 4:</b> approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.</li> </ul> <p>Chew two tablets of simethicone 125mg chewable tablets. This can be purchased over-the-counter. This step is preferred, but not essential.</p> |
| The Day of Your Procedure       |   |
| <b>5 hours Prior to Arrival</b> | <ul style="list-style-type: none"> <li>• Open the second bottle of 12 tablets</li> <li>• Repeat <b>STEP 1</b> to <b>STEP 4</b> from Dose 1 (above)</li> <li>• Chew two tablets of simethicone 125mg chewable tablets. This can be purchased over-the-counter. This step is preferred, but not essential.</li> </ul>   |

### PREPARATION TIPS

1. You must drink the recommended amount of water – this is **VERY IMPORTANT**.
2. 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.
3. If you experience preparation-related symptoms (for example nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.
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.
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.

**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.**