

This product is a prescription bowel preparation. It works very quickly-- the average time until the first bowel movement is within 1 hour of drinking the solution. You will use the bowel preparation the day before your test. It is very important for you to **FOLLOW ALL OF THE STEPS COMPLETELY** or your doctor may not be able to complete the exam.

- You will need to purchase 2 additional bisacodyl or Dulcolax tablets from the pharmacy or grocery store.
- 5-days before the exam: avoid nuts, seeds, corn and popcorn.
- The 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 (orange juice) are permitted.

fruit juices	popsicle	Powerade	Pedialyte	water
Gatorade	7-Up, Sprite	bouillon	Kool-aid	iced tea
tea	lemonade	coffee	broth(beef, chicken)	Jell-O

**Do not use alcoholic beverages 24 hours before or after your exam.**

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.**

**Step 1: At 5 PM MIX SOLUTION (day before exam)**

Add lukewarm tap water to the fill line marked on the container. Cap the bottle and shake to dissolve the powder. You may use Crystal Light or any sugar free drink mix to flavor the solution. **DO NOT USE** a drink mix made with **REGULAR TABLE SUGAR TO FLAVOR THE SOLUTION.** Refrigerate the solution.



**Step 2: At 6 PM TAKE 4 LAXATIVE TABLETS.**

Take 4 bisacodyl delayed-release tablets (or Dulcolax) with water. Your prep kit only comes with 2 laxative tablets. You will need to purchase two additional tablets at the pharmacy or grocery store. **DO NOT** chew or crush the tablets.



**Step 3: At 7:00 PM DRINK HALF OF THE SOLUTION**

Drink 1 (8-oz) glass every 15 minutes until approximately half of the solution is gone (about four 8-oz. glasses). Drink each glass quickly. A watery bowel movement should begin within 30 minutes to an hour.



**Step 4: At 6 AM DRINK THE REMAINING SOLUTION**

Drink 1 (8-oz) glass every 15 minutes until the solution is gone. Drink each glass quickly. Finish **ALL** the solution. You may still have loose bowel movements or the feeling you need to move your bowels for 2-3 hours after drinking the solution.



Of course, you must follow a special diet to prepare for a GI procedure but, in addition to that, we ask you to fast the day of the procedure. **Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco, not even water after a specified time.** 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.

**You must take your heart, breathing and blood pressure medications.  
Take any required medications BEFORE 8:00 am with as little water as possible.**