THE DAY OF YOUR PROCEDURE

Start taking the second dose of prep solution 4 hours before your colonoscopy is scheduled to begin. You may need to get up from sleep to take it.

Prepare the second dose of solution, if it is not prepared and chilled already.

<table>
<thead>
<tr>
<th>INSTRUCTIONS BASED ON THE TYPE OF PREP SOLUTION</th>
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<tbody>
<tr>
<td>Trilyte, Golytely, Colyte</td>
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<td>MoviPrep, Prepopik, Suprep</td>
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YOUR BOWEL MOVEMENTS SHOULD BE CLEAR OR CLEAR YELLOW.
If your colon is not well cleaned out, your colonoscopy procedure will need to be rescheduled.

2 HOURS BEFORE YOUR PROCEDURE
Stop drinking clear liquids two hours before your procedure time, and do not have any gum or candy. It is OK to take your medications with a sip of water. Blood pressure and pain medication may be taken as usual on the day of the exam with a sip of water.

TRANSPORTATION
Remember you must arrange for an adult to drive you home after your procedure. A taxi driver is not acceptable unless you have a responsible adult to accompany you home. Valet parking is available at Stanford’s main hospital entrances for a fee.

PERSONAL ITEMS
Remember to dress comfortably. Leave valuables at home.

To avoid interruptions during your procedure, we ask that you turn off your cell phone while in the procedure room.

Please do not wear make-up, jewelry, metal piercings, or contact lenses. Bring your photo ID and insurance card. You may be requested to provide a co-payment and/or deductible.