

PM|AM SPLIT DOSING™ provides the best strategy for your colonoscopy prep

Your doctor has recommended PM|AM Split Dosing for your colonoscopy preparation. PM|AM Split Dosing means you will take the first dosing series on the evening before your colonoscopy, and the second dosing series early on the morning of your colonoscopy. Waking up early to complete a bowel preparation is important because PM|AM Split Dosing gets better results than single-day colonoscopy preps.^{1,2}

A clean colon is key to a successful colonoscopy

- About **1 in 19** Americans will get colon cancer, but it can be treated and prevented if detected early³
- A clean colon makes it easier for your doctor to identify abnormal growths that may be cancerous
- Follow your doctor's instructions to ensure your colon is as clean as possible (and avoid having your procedure cancelled or repeated)

Excellent prep



Good prep



Fair prep



Poor prep



◦ Follow your doctor's directions to ensure your colon is as clean as possible

◦ A fair or poor prep can leave the colon dirty—making it difficult for your doctor to spot abnormal growths^{4,5}



Flat lesion



Depressed lesion



Polyp



Elevated lesion



Colonoscopy prep CHECKLIST

The few days before your colonoscopy are extremely important to ensure that your colon is clean for **optimal visibility** during the procedure. You will need to carefully follow your doctor's instructions.

- ✓ **BEWARE OF OTHER MEDICINES.** Speak to your doctor about medicines that you may need to stop taking before your colonoscopy
- ✓ **WATCH WHAT YOU EAT.** Follow your doctor's recommendations about what you can and cannot eat before a colonoscopy
- ✓ **COMPLETE THE PREP.** Be sure to read all prep instructions, follow the recommendations for a precolonoscopy diet, and complete each step when instructed
- ✓ **STAY HYDRATED.** Be sure to drink all required liquids during the preparation and replenish your system by drinking clear liquids after returning home from your colonoscopy
- ✓ **STAY NEAR A BATHROOM.** Many who have undergone colonoscopy preparation recommend the use of ointments and wet wipes to reduce the effects of many trips to the bathroom
- ✓ **SCHEDULE A RIDE HOME.** Because of the sedatives used during the colonoscopy, you will need to find someone to take you home
- ✓ **SPREAD THE WORD.** Make sure to tell those you know about the importance of getting screened—it could save a life

YOU play the most important role in getting a clean colon. Follow your doctor's instructions carefully.



References: 1. Khan MA, Wasiuddin N, Brown M. Patient acceptance, convenience, and efficacy of one-day versus two-day colonoscopy bowel preparation. Poster presented at: Digestive Disease Week; May 20, 2008; San Diego, CA. 2. Rex DK. Dosing considerations in the use of sodium phosphate bowel preparations for colonoscopy. *Ann Pharmacother.* 2007;41:1466-1475. 3. SEER Stat Fact Sheets: Cancer of the Colon and Rectum. Available at: http://seer.cancer.gov/statfacts/html/colorect_print.html. Accessed January 7, 2010. 4. Harewood G, Sharma VK, de Garmo P. Impact of colonoscopy preparation quality on detection of suspected colonic neoplasia. *Gastrointest Endosc.* 2003;58:76-79. 5. Soetikno RM, Kaltenbach T, Rouse RV, et al. Prevalence of nonpolypoid (flat and depressed) colorectal neoplasms in asymptomatic and symptomatic adults. *JAMA.* 2008;299:1027-1035.