**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)

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**Excellent prep**

- Follow your doctor’s directions to ensure your colon is as clean as possible

**Good prep**

**Fair prep**

- A fair or poor prep can leave the colon dirty—making it difficult for your doctor to spot abnormal growths4,5

**Poor prep**

- Flat lesion
- Depressed lesion
- Polyp
- Elevated lesion
Colonoscopy prep LIST

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.

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**References:**