CANCELLATION POLICY:

We must receive your cancellation request within 72 hours of your procedure date. Cancellation notices that are received less than 72 hours prior to procedure will result in a $100.00 cancellation fee.

The following instructions are your Doctor’s specific directions. Please follow the directions carefully.

3 DAYS BEFORE THE PROCEDURE
If you are taking Coumadin, Plavix or Lovenox for either a history of prior stroke, or for coronary stents, or for atrial fibrillation or artificial heart valves please contact the scheduling Department at 816.561.2000.

2 DAYS BEFORE THE PROCEDURE

NO SOLID FOODS. TWO DAYS BEFORE YOUR EXAM YOU MUST BE ON A CLEAR LIQUID DIET BOTH DAYS. NO SOLID FOODS OR DAIRY PRODUCTS ALLOWED.

A clear liquid diet is necessary for a colonoscopy. A complete cleansing of the entire bowel is essential for effective results, so that there will be no need for retesting.

Your Clear Liquid diet options:

<table>
<thead>
<tr>
<th>Tea and Coffee</th>
<th>Clear Juices</th>
<th>Powdered Lemonade</th>
<th>Water/Vitamin Water</th>
<th>Carbonated Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Tea" /></td>
<td><img src="image" alt="Juice" /></td>
<td><img src="image" alt="Lemonade" /></td>
<td><img src="image" alt="Water" /></td>
<td><img src="image" alt="Beverage" /></td>
</tr>
<tr>
<td>NO DAIRY</td>
<td>NO PULP</td>
<td>NO PULP</td>
<td>NO RED OR PURPLE</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sports Drinks</th>
<th>Popsicles</th>
<th>Jell-O</th>
<th>Broths/Coconut Water</th>
<th>Honey/Sugar</th>
</tr>
</thead>
</table>

Mid-America Gastro-Intestinal Consultants P.C.
Mark J. Allen, MD  Perry J. Culver, MD  J. Edward McCullough, MD  Patricia A. Sanchez, MD
It is very important to keep hydrated. Drink plenty of clear liquids while doing the prep (at least 8 ounces every hour)

1  \hspace{2cm} \textbf{TIME} \hspace{2cm} 6:00 PM Two days before your procedure  
Mix the entire packet (17 g) of Magnesium Citrate powder with 10 oz. of cold water. Stir thoroughly and drink the entire glass.  
You may mix it with Sprite, 7-Up or Gingerale.  
\textbf{If you have Congestive Heart Failure or have Kidney-Renal Failure \textbf{DO NOT} drink}

\textbf{THE DAY BEFORE THE PROCEDURE}

2  \hspace{2cm} \textbf{TIME} \hspace{2cm} 2:00 PM the day before your procedure  
Mix the two packets of Gatorade powder with 64 oz. of water and chill in the refrigerator.

3  \hspace{2cm} \textbf{TIME} \hspace{2cm} 4:00 PM the day before your procedure  
Mix the entire packet (17 g) of Magnesium Citrate powder with 10 oz. of cold water. Stir thoroughly and drink the entire glass.  
You may mix it with Sprite, 7-Up or Gingerale.  
\textbf{If you have Congestive Heart Failure or have Kidney-Renal Failure \textbf{DO NOT} drink}
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 PM</td>
<td>Take two Bisacodyl tablets with at least 8 oz. of water.</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>Mix the ENTIRE bottle of PEG 3350 (Polyethylene Glycol 3350) with the 64 oz. of chilled Gatorade.</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>Begin drinking HALF OF THE MIXTURE (32 oz.) Drink an 8 oz. glass of the solution every 15 minutes until gone. Complete by 7:30 pm</td>
</tr>
<tr>
<td>7:30 PM</td>
<td>Take two Bisacodyl tablets with at least 8 oz. of water.</td>
</tr>
</tbody>
</table>

*Total Bisacodyl tablets consumed is four. Dispose of the remainder.*
THE DAY OF THE PROCEDURE

- NOTHING TO EAT OR DRINK after midnight.
- If you take blood pressure medication you may do so the day of the procedure with just a sip of water.
- If you have questions regarding medications, please call your doctor at (816) 561-2000.
- PLEASE DO NOT APPLY ANY LOTION, VASELINE, BABY OIL, OR BODY SPRAY.
- Come to your procedure with NO MASCARA.

YOU WILL BE MEDICATED FOR THIS PROCEDURE. IT IS NECESSARY TO HAVE SOMEONE WITH YOU TO DRIVE YOU HOME. YOUR DOCTOR WILL SPEAK WITH YOU AFTER THE PROCEDURE; YOU MAY WANT TO HAVE YOUR DRIVER WITH YOU AT THAT TIME, AS YOU MAY NOT RECALL THE DISCUSSION DUE TO SEDATION.

If you have any questions or concerns about the preparation please contact the Colon Prep Center by calling 800-349-0285 or by emailing customerservicegroup@accuhealthpartners.com.