

Drink at least one glass of clear fluids each hour from 10h00 to bedtime.

At **14h00** mix one sachet **PicoPrep** in 200ml warm water, stir to dissolve, add ice to chill and drink followed by a glass of water.

At **17h00** mix 2nd sachet **PicoPrep** as directed and drink followed by a glass of warm water.

At **20h00** mix 3rd sachet of **PicoPrep** as directed and drink followed by a glass of water.

Keep drinking approved clear fluids until bedtime.

Nothing more to drink for 4 hours before procedure.

SEDATION IS GIVEN SO SOMEBODY MUST ACCOMPANY AND DRIVE YOU HOME.

It is beneficial to take a course of **QuatroFlora** capsules after the procedures to restore intestinal flora.