

SENNA COLONOSCOPY PREPARATION

Purchase **24 Senna tablets and 4 Dulcolax tablets** at your pharmacy. Follow these instructions the day prior to your procedure.

In preparation for your colonoscopy you must follow the directions below. Adequate cleansing and hydration are key to a successful preparation and procedure. **Refer to your appointment sheet for directions regarding medications allowed and not allowed.**

Step One: On the day of your appointment, someone must accompany you to the office or hospital.

Step Two: If you have a colostomy please bring an extra stoma bag. If you are diabetic, please check with your physician regarding insulin and oral diabetic medication regimen.

Step Three: If you require antibiotics before going to the dentist or for a heart murmur, valvular disease, or joint replacement, please inform us.

DIET AND LIQUID PREPARATION INSTRUCTIONS

Step One: Start drinking and maintain a clear liquid diet the entire day before your procedure. You may have water, pudding, ice cream, plain yogurt, cream soups, apple juice, white grape juice, Sprite, seltzer, 7-Up, ginger ale, ice tea, clear broth, coffee or tea, Gatorade, and/or any color Jell-O or ice pops **except RED. Nothing red and NO alcohol. No solid food is allowed.**

Step Two: **At 12 PM** take 12 Senna tablets with 8 ounces of clear fluid.

Step Three: **At 7 PM** take the remaining 12 Senna Tablets with 8 ounces of clear fluid.

Step Four: **At 9PM (only if your bowels are not a clear liquid)** take 4 dulcolax tablets with 8oz of clear fluid.

******* It is very important that you drink as much as you can until bedtime.**

Step Five: **Nothing to eat or drink after midnight.**

NOTE: Nausea, cramping and abdominal fullness are common. If you have any questions, please contact the office at 845-471-9410.