

SENNA COLONOSCOPY PREPARATION

Purchase 24 Senna tablets and 2 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, apple juice, white grape juice, Sprite, seltzer, 7-Up, ginger ale, ice tea, clear broth, coffee or tea without milk, Gatorade, and/or any color Jell-O or ice pops **except RED, ORANGE OR PURPLE**. Do not have any milk or milk products. **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

Step Four: At 9 PM take 2 dulcolax tablets

******* 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 845-562-0740.

revised 1/29/10