

BOWEL PREP FOR COLONOSCOPY

The goal is to prepare your bowel so that stool will not be present in the colon.

Five days before the procedure:

Stop taking aspirin, iron supplements and any vitamins that contain iron.

The day before your procedure:

Follow a clear liquid diet. These items are allowed:

- Water
- Clear broths (chicken broth, beef broth, vegetable broth)
- Juices (apple, prune, grape and cranberry juice, lemonade, Kool Aid)
- Clear beverages (sodas, tea, coffee)
- Ices like Jello (Jell-O and popsicles without fruit)

These Items are not allowed:

- Milk, cream, milkshakes
- Orange or tomato juice
- Cream soups
- Oatmeal and Cream of Wheat
- Any soups other than clear broths

Drink 1 bottle of Magnesium Citrate at 4pm. Don't eat or drink after midnight. (unless your doctor has instructed you to take medications on the morning of your procedure with a sip of water)

Please Note:

You are encouraged to drink as much as possible on the day before your procedure to prevent dehydration from the laxatives. If by 8pm you are not having any bowel movements use a Fleets enema or take two Dulcolax tablets.

Problems:

If you are experiencing indigestion, cramps, nausea, or vomiting lie down and rest. Continue to drink fluids, but not coffee and do not smoke. You may take two teaspoons of an antacid such as Dica, Maalox or Mylanta.

If you vomit more than twice or continue to experience problems **please call 242-322-8411 and ask the operator to page the doctor. If you need immediate attention, report to the Emergency Room at Doctors Hospital.**

Day of the procedure:

Fleet's enema or Dulcolax suppository 30 to 40 minutes before leaving your home or hotel.