

“Pre- PREP” Preparation for Colonoscopy

One of the key factors for a successful colonoscopy is a well-prepared colon free of all debris so that your doctor can accurately perform your examination. For the majority of patients, the standard 24-hour preparation is very effective. There are situations, however, where the standard preparation is unsuccessful. When this occurs, the test may have to be aborted and rescheduled, causing unnecessary inconvenience and expense. This most often occurs in patients who suffer from chronic constipation or take medications that have a constipating side effect. Your doctor feels that you would benefit from an extended preparation as follows:

THREE DAYS BEFORE YOUR EXAMINATION

Make sure that you have daily bowel movements even if you need to take an over-the-counter laxative. Drink plenty of fluids. Avoid foods with small seeds. Purchase a bottle of Milk of Magnesia at your pharmacy.

TWO NIGHTS BEFORE YOUR EXAMINATION (pre-PREP)

- *Eat a light dinner*
- *Take 4 TBSP of Milk of Magnesia (2 oz)*
- *Drink at least 4 large glasses of water over the next two hours*
- *Be near a bathroom for the rest of the evening*

DAY BEFORE YOUR EXAMINATION

- Have a light breakfast
- Follow the standard preparation instructions given to you

DAY OF THE EXAMINATION

- Continue with 2nd half of the standard preparation
- Totally fasting the last four hours before your examination



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