

“Pre-PREP” Extra Preparation for Colonoscopy

One of the critical factors for a successful colonoscopy is a well-prepared colon free of all debris so that your doctor can accurately perform your examination. For most patients, the Standard 24-hour preparation is adequate. There are situations, however, where the Standard preparation is unsuccessful. If the prep is not satisfactory, the colonoscopy may have to be aborted and rescheduled, causing unnecessary inconvenience and expense. This problem most often occurs in patients who suffer from chronic constipation or take medications with 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. Stay well hydrated. Drink at least 32 ounces of water. Avoid foods with tiny seeds. Purchase a 10 oz. bottle of **Citrate of Magnesia** at your pharmacy, any color or flavor.

TWO NIGHTS BEFORE YOUR EXAMINATION (pre-PREP)

Eat a light dinner

Drink 10 oz. of Citrate of Magnesia over ice

Drink at least four (4) large glasses of water over the next two hours

Be near a bathroom the rest of the evening.

DAY BEFORE YOUR EXAMINATION

Have a light breakfast.

Follow the Standard colonoscopy preparation instructions given to you.

DAY OF THE EXAMINATION

Continue with 2nd half of the standard preparation

You must be totally fasting for the last four hours before your examination.

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