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## Colonoscopy Preparation

Your colonoscopy is scheduled for (date/time): \_\_\_\_\_

Location (circle one): St. Vincent GI Center    Beartooth Hospital-Red Lodge    Bighorn Hospital-Hardin

This prep is better tolerated and more effective if you make sure you are well hydrated starting 2-3 days before the procedure. You will need to buy:

- 24 Senokot pills
- One 10 oz. bottle of Magnesium Citrate
- Two quarts any brand sports drink (such as Gatorade or Powerade-NO RED)

The day before your procedure you may have a breakfast of cereal, eggs, toast or yogurt but avoid meats.

**DO NOT EAT ANY SOLID FOODS AFTER BREAKFAST** only clear liquids such as:

- Juice – apple, cranberry, grape, Crystal Lite lemonade
- Coffee & Tea – regular or decaf, herbal teas
- Pop – regular or diet Coke, Pepsi, 7-Up, Gingerale
- Broth – beef, vegetable, chicken
- Extras – jello, popsicles, fruit ice – NO RED

Once you begin the prep, drink 8 oz. of the sports drink (NO RED) every hour until you go to bed. You may choose the time to start the prep based on your schedule. Follow this schedule for your prep:

If you get out of work at 5 PM:    **OR**    Early prep:

Round 1

4:00 PM Take 4 Senna pills  
 4:15 PM Take 4 Senna pills  
 4:30 PM Take 4 Senna pills

12:00 PM Take 4 Senna pills  
 12:15 PM Take 4 Senna pills  
 12:30 PM Take 4 Senna pills

Round 2

7:00 PM Take 4 Senna pills  
 7:15 PM Take 4 Senna pills  
 7:30 PM Take 4 Senna pills

3:00 PM Take 4 Senna pills  
 3:15 PM Take 4 Senna pills  
 3:30 PM Take 4 Senna pills

Round 3

9:00 PM Take 10 oz. Magnesium Citrate

5:00 PM Take 10 oz. Magnesium Citrate

This prep does not work immediately. Most people have some effect after the second round of tablets.

Everyone has results after the Magnesium Citrate. Expect loose stools for 4-5 hours after the Citrate. You may adjust the time to start the prep but keep the same time intervals.

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**, except for medications with a small sip of water on the morning of the procedure.

You must have someone to drive you home after your procedure or the department will cancel the case.

Thank you for choosing Surgical Associates, PC for your care. For prescription requests/refills (including narcotics) or general questions please call our office during regular business hours; Monday-Thursday 8:00am-5:00pm and Fridays 8:00am-2:00pm. A surgeon is on-call after hours for emergent care. However, pain medication (narcotics) will not be provided after hours.