

Long Prep

Outline of prep:

5-7 Days before procedure: Eat light meals. Start mineral oil-1 tablespoon twice a day.

4 Days before procedure: Eat light breakfast and lunch and ONLY Jell-O and sprite for dinner. Start Amitiza 2 times a day until procedure day.

3 Days before procedure: Only Clear Liquids all day long. Take Mag Citrate at noon. Drink whole bottle.

2 Days before procedure: Only Clear Liquids all day long. Prepare the prep kit solution and put in refrigerator.

1 Day before procedure: Only Clear Liquids all day long. At 2pm begin drinking the prep solution. Drink 1 cup every 15 minutes until it is gone. Try to drink it as quickly as possible, do not sip. If you like coffee, you may drink it between cups of solution. This dilutes the solution and helps promote faster gut transit.

Day of the procedure: Nothing to eat or drink today. No Diabetic medication this am as you will not eat breakfast. You may take all of your other regular medications except for the ones listed below with a small sip of water. You may also use inhalers if needed.

STOP taking oral vitamins or iron pills 7 days before procedure

STOP taking all blood thinners (Coumadin, Plavix, Aspirin, etc.) 4 days before the procedure.

STOP taking Metamucil, Citrucil, Fibercon, or any fiber supplements during the prep phase.

Any questions or concerns please call 803-532-8155