

5 Day Prep

Review the preparation schedule below for the 5 days preceding your colonoscopy. If you need further assistance please call **(210)268-0124**.

5 Days Prior Purchase your bowel prep kit given to you by doctor, a bottle of magnesium citrate, and dulcolax laxatives. Arrange for someone to drive you home after the procedure. Stop Aspirin and blood thinners such as Coumadin, Plavix, Fish oil, and Vitamin E as well.

4 Days Prior Begin low fiber diet. Start to avoid heavy foods. Drink plenty of water for the rest of the day.

3 Days Prior Drink at least 8 glasses of water throughout the day. ***** Remember the more water you drink over the next three days the better the prep works for an excellent procedure. Your bowel prep is extremely important to have a clean colon so that your doctor may visualize any abnormalities. *****

2 Days Prior Have a light breakfast in the morning, followed by clear liquids throughout the day. At 12:00 noon take 2 dulcolax laxatives, followed by more clear liquids. At 7:00 pm drink the 1 one bottle of Magnesium Citrate.

1 Day Prior Begin clear liquid. Includes tea, coffee without the creamer, soft drinks, fruit juices, light soup, broth or bouillon, jello, Popsicle. **Please remember you may not have anything red, purple, or dairy.** Continue to drink lots of water. And Start your prep as directed.

Procedure Day You may only take your blood pressure medication with just a sip of water enough for your pill to go down. Please bring your insurance cards, picture id, and a driver. You will be at the surgery center for about 2 ½ to 3 hours.

Please call our office if you have any questions.

********Please drink lots of water while doing your prep, and throughout the day. The more water you drink the cleaner your colon will be and you won't have to repeat your procedure. ********