



320 Kingwood Executive Dr. STE D. Kingwood, TX 77339

281-666-9211

Colonoscopy Prep Procedure

Colonoscopy Date: ___/___/___ _____

Colonic Date & Time: ___/___/___ _____

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.

****Make sure to purchase Laxative Tablets NOT Soft Gel****

<u>5 Days Prior to Colonoscopy</u>	<u>Day of Colonoscopy</u>
<ul style="list-style-type: none">• Milk of Magnesia: 2 Tablespoons at bedtime each night X 5 nights	<ul style="list-style-type: none">• Nothing by mouth starting 4 hours before your scheduled Colonoscopy
<u>3 Days Prior to Procedure</u> <ul style="list-style-type: none">• Begin Low Fiber Diet• <i>Avoid foods with nuts/seeds</i>	<ul style="list-style-type: none">• No gum, hard candy/mints.• No smoking tobacco, marijuana or use of e cigarettes the day of your procedure
<u>1 Day Prior to Procedure</u> <ul style="list-style-type: none">• ****Begin Clear Liquid Diet ONLY****• Take: 3 Dulcolax laxative tablets with 8 oz of water at 5:00PM	<ul style="list-style-type: none">• Take your essential morning medications (Heart, Blood Pressure, Anti-Seizure Medication) with 2 oz (4 tablespoons) of water.