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10-Day Severe Constipation Colonoscopy Prep

Procedure Details:

Procedure Date: _____

Procedure Check-In Time: _____

Procedure Time: _____

Procedure Facility/Location: _____

Scheduled with Provider: _____

Start your 10 day prep protocol on _____

Review these instructions as soon as you receive them to avoid cancellation

Contact our Office Immediately at 402-397-7057 if any of these apply:

- You start a blood thinner
- You begin any new medication
- 🚫 You have any changes in your health status or any recent surgeries not reported
- You start a diabetic or weight-loss medication
- 🤒 You develop COVID-19 or upper respiratory symptoms
- 📅 You need to reschedule or cancel your appointment

Medications

Your medicine instructions are very important for your safety. To avoid cancellation of your procedure, please follow medication instructions carefully.

- Read, understand, and follow any medications instructions specifically provided to you to hold during the scheduling process
- Do NOT stop aspirin unless told by your doctor

SPECIAL NOTE FOR DIABETIC PATIENTS ONLY

- **!** Diabetics-drink clear liquids with sugar to help keep your blood sugar stable
 - **!** In addition to these prep instructions, refer to your diabetic instructions provided
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Preparing for Your Colonoscopy

- Purchase the following over-the-counter prep supplies:
 - Magnesium Citrate 10-ounce bottle (quantity of 1)
 - MiraLAX 8.3 ounces/238-gram bottle (buy a 14 dose bottle)
 - Gatorade 28-ounce bottles (avoid red, blue and purple) (quantity of 2)
 - Bisacodyl Laxative 5 mg tablets
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Colonoscopy Prep Instructions - 10-Day Severe Constipation Colonoscopy Prep

10 Days Before Your Colonoscopy


Upon Awakening:

- Start a low residue diet (see enclosed low-residue diet reference sheet)
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8 Days Before Your Colonoscopy

- Drink Magnesium Citrate 10-ounce bottle
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7 Days Before Your Colonoscopy

- For the next 7 days, drink MiraLAX twice a day (AM & PM)
 -  Mix 17 grams of MiraLAX (1 capful) with Gatorade (4-ounces) - shake thoroughly
 - Drink the 17 grams of MiraLAX prep mixture until gone
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4 Days Before Your Colonoscopy

- Take Bisacodyl 10 mg once daily at 5:00 PM by mouth for 3 days
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Day Before Your Colonoscopy

- **!** NO solid food, NO alcohol, NO recreational drug use
- **!** NO chewing/smokeless tobacco products
- **!** Do NOT eat or drink anything else after you finish the prep

- **Start your split dose prep instructions (included)**