

COLONOSCOPY

Additional Preparation Instructions For patients with severe constipation

♦ If you have a history of chronic constipation, take Miralax 17g (1 package) twice daily for 1 week and drink at least 2 quarts of fluids per day.

♦ Two days before colonoscopy drink one bottle of Magnesium Citrate at 7pm (do not take if you have a history of kidney disease)

♦ Consider using a protective ointment such as Preparation H, Desitin or Vaseline to protect the anal area during prep. You can start to apply it after you take the first laxative. Use Tucks or baby wipes during bowel prep.

♦ You can find more information about constipation at:

♦ <http://www.uptodate.com/patients/index.html>

♦ http://www.uptodate.com/contents/constipation-in-adults-beyond-the-basics?source=search_result&search=constipation&selectedTitle=1~55

♦ http://www.uptodate.com/contents/high-fiber-diet-beyond-the-basics?source=see_link

♦ IF YOU HAVE ANY QUESTIONS PLEASE CONTACT OUR OFFICE AT 248-625-4055