

## **COLONOSCOPY –**

### **Additional PREPARATION INSTRUCTIONS**

#### **For patients with severe constipation**

◆ **If you have a history of chronic constipation, take Miralax 17 g (1 package) twice daily x 1 week + drink at least 2 quarts of fluids/day**

◆ **Two days before colonoscopy, drink one bottle of Magnesium Citrate at 7 pm (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/contents/constipation-in-adults-beyond-the-basics?source=search\\_result&search=constipation&selectedTitle=1~55](http://www.uptodate.com/contents/constipation-in-adults-beyond-the-basics?source=search_result&search=constipation&selectedTitle=1~55)

◆ **IF YOU HAVE ANY QUESTIONS PLEASE CONTACT OUR OFFICE AT 248.442.0800**