

INSTRUCTIONS FOR COLONOSCOPY WITH SENOKOT TABLETS

Please purchase at least **24 tablets of SENOKOT** over the counter at your pharmacy.

Day before examination:

1. Drink only "**clear liquids**" for **breakfast, lunch, and dinner**. (Solid foods, milk, or milk products are NOT allowed.)

Clear liquids include:

- 1 strained fruit juices without pulp (apple, white, grape juice or lemonade)
 - 2 water
 - 3 clear broth or bullion
Coffee or tea (without milk or non-dairy creamer)
- All of the following that are **NOT colored red or purple**:
- 4 Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit flavored
 - 5 drinks
 - 6 plain Jell-O (without added fruits or toppings)
- Ice popsicles

Evening before examination:

1. Take **4-6** Senokot tablets at **noon** (Drinking clear liquids in between)
2. Take **4-6** Senokot tablets at **4pm** (Drinking clear liquids in between)
3. Take **4-6** Senokot tablets at **8 pm** (Drinking clear liquids in between)
4. Take **4-6** Senokot tablets at **midnight**

Once your bowel movements are **CLEAR and FREE of any SOLID material**, you can stop taking the Senokot tablets and continue clear liquids as specified below.

NOTE -Individual responses to laxatives do vary: this prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as three hours.

Absolutely nothing to eat or drink after midnight except if your procedure is scheduled **1230 pm or later then you may have clear liquids up until 7 am the day of your procedure**

YOU MUST AVOID IRON FOR ONE WEEK PRIOR TO THE EXAM!!!