

## **INSTRUCTIONS FOR COLONOSCOPY (PATIENTS WITH CONSTIPATION: 48 HOUR PREPARATION)**

You are scheduled to have a colonoscopy at Johns Hopkins Bayview Medical Center. These instructions will help you properly prepare for it. The preparation for this test is often the most difficult part of it, but your health is worth it!

A colonoscopy allows the doctor to examine the entire five to six feet of your large bowel. In order to do this, your colon must be completely clean. If the doctor can't examine the large bowel (because it is not clean), the procedure will be rescheduled.

You will need to purchase one Fleets Prep Kit # 1 which contains 1.5 ounces of Fleets Phospho-Soda, four Bisacodyl tablets, and a Bisacodyl suppository. Also, purchase one 10 ounce bottle of Magnesium Citrate. These are over-the-counter items. **Please ignore the instruction in the kit, and follow the guidelines below.**

### *Two days before your test:*

<i>Time</i>	<i>Instructions</i>
8 a.m.	Begin Clear Liquid Diet for breakfast (See enclosed instructions). <b>DRINK 8 TO 16 OUNCES OF CLEAR LIQUID EVERY HOUR THROUGHOUT THE DAY.</b>
12 p.m.	Drink one 10 ounce bottle of <b>Magnesium Citrate</b> .
6 p.m.	Continue Clear Liquid Diet for dinner (See enclosed instructions). Drink at least 16 ounces of clear liquids.

### *The day before your test:*

<i>Time</i>	<i>Instructions</i>
8 a.m.	Continue Clear Liquid Diet for breakfast (See enclosed instructions).
9 a.m.	Drink at least 16 ounces of clear liquid.
10 a.m.	Drink at least 16 ounces of clear liquid.
11 a.m.	Drink at least 16 ounces of clear liquid.
12 p.m.	Continue Clear Liquid Diet for lunch (See enclosed instructions). Drink at least 16 ounces of clear liquids.
2 p.m.	Take Fleets-Phospho-Soda solution by pouring contents into one-half glass of cold, clear liquid and drink it. Then immediately drink at least 8 ounces of clear liquid.
3 p.m.	Drink at least 16 ounces of clear liquid.
4 p.m.	Drink at least 16 ounces of clear liquid.
5 p.m.	Drink at least 16 ounces of clear liquid.
6 p.m.	Continue Clear Liquid Diet for dinner (See enclosed instructions).

<i>Time</i>	<i>Instructions</i>
7 p.m.	Take four Bisacodyl tablets. Swallow whole with a full glass of water. Do not chew or melt tablets. These tablets may cause abdominal pain, faintness, rectal burning or mild cramping.
12 a.m.	Take nothing by mouth after midnight.

***The day of your test:***

- Ninety minutes before leaving for your test, insert the Fleet Bisacodyl suppository (remove foil, pointed end first into your rectum). This suppository will help you evacuate any residual stool inside your lower bowel.
- Do not take anything by mouth. Take only those medicines as discussed before (blood pressure, heart, seizure medicines) with a sip of water.