

ALTERNATIVE COLONOSCOPY PREPARATION

IF YOU EXPERIENCE NAUSEA AND/OR VOMITING, OR IF YOU ARE UNABLE TO TOLERATE THE PREP:

1. Wait 30 minutes
2. Try to slow down on drinking the prep to every 30 minutes. If you are better, then continue until you are finished drinking the prep.
3. However, if you are unable to consume the entire prep
 - a. First: go to Pharmacy and buy 2 Dulcolax tablets and 2 bottles of Magnesium Citrate (Magnesium Citrate and Dulcolax are sold over the counter, no prescription necessary.)
 - b. Take the 2 Dulcolax tablets at one time with 16 ounces of water and drink the entire bottle of Magnesium Citrate.
 - c. Wait 4 hours
 - d. If stool not clear, drink the second bottle of Magnesium Citrate along with another 16 ounce of water.

Call the office at 412-232-8104 after 8 am on the morning of your test if still having solid or brown stools. If your test is scheduled before 9 am, call 412-232-8104 and ask answering service to connect you to office.

Tips for easier bowel prep

- Keep the prep cool in the refrigerator - mix the prep ahead and have it chilled in the refrigerator before you drink (it's like cold vs. warm beer).
- Drink or add a flavored mix (from the clear liquids above) to your prep.
- Try drinking the solution with a straw.