

NORTHEASTERN GASTROENTEROLOGY ASSOCIATES, P.C.

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COLONOSCOPY PREP WITH SENNA TABLETS

****Please read these instructions immediately****

Supplies: You will need to purchase 30 tablets of Senna (8.6 mg) over the counter at your local pharmacy. Generic Senokot is fine. **DO NOT** purchase Senna S or Senna Plus. Your bowel must be empty so that your doctor can clearly view your colon.

Follow all of the instructions in this handout EXACTLY as they are written

****You must have a driver with a valid driver's license for this procedure. You may not take public transportation unless accompanied by someone 18 years or older**

****Please bring with you: a list of your current medications, your insurance card(s), and your photo ID. Please leave all valuables at home. However, please wear hearing aids (if needed) and comfortable, loose fitting clothing.**

****The use of cell phones and tablets is allowed in the waiting area. However, cell phones and tablets are not allowed after you are brought into the patient care area for your procedure, and must be turned off until after discharge.**

DIABETIC INSTRUCTIONS:

If you have diabetes:

****and take a pill to lower your sugar, do not take it on the day of your procedure**

****and are taking regular insulin or NPH, do not take it on the day of your procedure**

****and are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin**

it is recommended to take a 1/2 dose the evening prior to your procedure and no does the day of your procedure.

You will need a blend of products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period (see clear liquid list)

5 DAYS before your procedure:

****Iron/multi vitamins: Stop iron (ferrous sulfate) or vitamins containing iron**

****Fiber supplements: Stop fiber supplements such as Metamucil, Citracal**

****Try not to eat raw fruits and raw vegetables. Stop eating nuts, small seeds and popcorn**

3 DAYS before your procedure:

** If you use a blood thinner named Coumadin, Warfarin, or Jantoven you will need special instructions about stopping this drug before the procedure. Timing of this is very important

** Blood Thinners-- Aggrenox, Arixtra, Brilinta, Effient, ELIQUIS, Plavix, Pletal, Pradaxa, Ticlid, Xarelto or any blood thinner (anticoagulant) or anti-platelet drugs: most patients need to stop taking 3 days prior to procedure. Please speak with your prescribing physician before stopping this medication

**Aspirin or NSAID's: should be stopped 3 days prior to procedure

1 DAY before your procedure:

****NO solid food AFTER MIDNIGHT THE NIGHT BEFORE: No solid food. CLEAR LIQUIDS ONLY**

** Increase your fluid intake to at least 6-8 glasses of clear liquids today. This will help the prep work better and decrease abdominal cramping

**10:00 a.m.: take 15 (fifteen) Senna tablets (please disregard container instructions). Continue to drink clear liquids. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal

** 6:00 p.m.: take 15 (fifteen) Senna tablets (please disregard container instructions). Continue to drink fluids

***You may not have a bowel movement until the second dose and experience some abdominal cramping. After the 6:00 p.m. dose, the stool should start to be liquid and fairly clear. If you feel your prep is not working, please contact the office the morning of your appointment

***Rarely, people may have vomiting with the prep. If this occurs, give yourself a 30 to 90 minute break, rinse your mouth or brush your teeth, then continue to drink clear liquids

***Continue to drink at least 1-2 quarts of clear liquids. You may only have clear liquids until midnight. DO NOT eat any solid or soft foods

***Anal skin irritation or a flare of hemorrhoid inflammation may occur. IF this happens, treat it with over the counter remedies, such as hydrocortisone cream, baby wipes, Vaseline, or TUCKS pads. Avoid products containing alcohol. IF you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

On the day of your procedure:

**You must bring your driver with you

**Do not use breath mints or hard candy on the day of your procedure. You may brush your teeth

**Do NOT eat any soft or solid food prior to your appointment time

**Do NOT eat ANYTHING after midnight the night before your appointment. This is for your safety and will reduce the risk of having food or liquid in your stomach move into your lungs (aspiration) during a procedure

****Blood pressure medications (Beta-Blockers):** please take the morning of the procedure, but you may bring them with you to take after discharge if needed

****Inhalers:** take as prescribed if needed in the morning. You may bring your inhaler with you to your appointment if you feel you may need it after discharge

****Please see page 1 for diabetic instruction**

****Do not smoke or chew tobacco 24 hours prior to procedure.** Avoid chewing gum or sucking on hard candy

****Please bring with you:** a list of your current medications, your insurance card, and your photo ID

****Leave all valuables at home**

****If you have an ileostomy or colostomy:** bring an extra appliance/colostomy supplies with you

After your procedure:

****You CAN NOT return to work or drive the same day of your procedure**

****Your examination results will be reviewed with you on discharge and information will be sent home with you.** It is recommended to have someone present for discharge instructions

****Blood thinners:** You will need special instructions to re-start these medications

****You may have your normal diet**

****The day following your procedure you may resume normal activity such as work and driving**

CLEAR LIQUID DIET

*Gatorade, Pedialyte, or Powerade

*Coffee or tea (NO milk or non-dairy creamer)

*Carbonated or non carbonated soft drinks

*Kool-Aid or other fruit flavored drinks

*Apple juice, white cranberry juice, or white grape juice

*Jell-O, popsicles

*Chicken, beef, or vegetable broth

NOT ALLOWED:

*Red or purple items of any kind

*Alcohol

*Milk or non-dairy creamers

*Juice with pulp

*Hard candy or gum

*Any liquid you can not see through