

SENNA PREPARATION INSTRUCTIONS FOR COLONOSCOPY

PLEASE CAREFULLY READ ALL INSTRUCTIONS AS SOON AS THEY ARE RECEIVED.

1. NO ASPIRIN OR IBUPROFEN PRODUCTS 7 DAYS PRIOR TO PROCEDURE. TYLENOL IS OK FOR HEADACHE OR PAIN.
2. IF YOU ARE TAKING COUMADIN, PLAVIX, AGGRENOX OR ANY OTHER BLOOD THINNER, PLEASE NOTIFY OUR OFFICE AT LEAST 10 DAYS PRIOR TO PROCEDURE.
3. PLEASE HAVE SOMEONE YOU KNOW AVAILABLE TO DRIVE YOU HOME. PUBLIC TRANSPORTATION SUCH AS UBER, A BUS SERVICE OR TAXI CAB IS NOT PERMITTED.
4. YOU WILL NEED TO PURCHASE SENNA TABLETS AT THE PHARMACY. THIS IS AN OVER THE COUNTER LAXATIVE.

DAY BEFORE THE PROCEDURE:

Only clear liquids, as outlined below, are to be consumed for the entire day before your procedure. No solid foods or alcohol. Dairy and/or non-dairy products are not allowed. There is no limit to the amount of clear liquids you may have.

CLEAR LIQUIDS INCLUDE:

- Strained fruit juices without pulp ex. Apple, orange, white grape, white cranberry juices
- Water
- Clear broth or bouillon
- Black coffee or tea

ANY OF THE FOLLOWING BUT NOT COLORED RED OR PURPLE:

- Gatorade (strongly recommended)
- Carbonated and non-carbonated soft drinks
- Jell-O (without added fruits or toppings)
- Popsicles

INSTRUCTIONS FOR PREP:

TWO DAYS BEFORE PROCEDURE

Take 4 Senna tablets at 7 p.m.

DAY BEFORE PROCEDURE

1. **12:00 pm (noon):** take the first regimen of Senna Prep. **One dose of 3 tablets with 8 ounces of any clear liquid, every 15 minutes, for a total of 5 doses (15 tablets).**
2. **7:00 pm** that evening: Take the second regimen of Senna Prep. **One dose of 3 tablets with 8 ounces of any clear liquid, every 15 minutes, for a total of 5 doses (15 tablets).**

ON THE DAY OF PROCEDURE: YOU MAY HAVE CLEAR LIQUIDS UP TO FOUR (4) HOURS PRIOR TO YOUR ARRIVAL TIME.

Please call our office at 508-747-1560, with any questions.