



EXTENDED PREPARATION INSTRUCTIONS

If you have a tendency towards significant constipation or have a history of a suboptimal preparation during prior procedures, we recommend an **EXTENDED PREPARATION**.

In order to help make the cleansing process more thorough please adhere to the following recommendations:

- **Strict avoidance of seeds, nuts, and other high fiber foods** for at least one week prior to the procedure (two weeks of avoidance is preferable if you are able to manage that alteration).
- Take **MIRALAX** 1-2 capfuls dissolved in 8 oz. of fluid every day in the week before the procedure (available over the counter without a prescription).
- TWO nights before the procedure drink a 10 oz. bottle of lemon-flavored **MAGNESIUM CITRATE** to get the process started (available over the counter without a prescription).
 - If you have kidney disease, magnesium citrate should not be used unless approved by your doctor.
- You can also consider extending the time you drink **CLEAR LIQUIDS** only to include the two days prior to the procedure.
- We would recommend that the preparation used be **Suprep, Plenvu, or Miralax/Sports drink**. In general, we prefer that you do not use Clenpiq or Sutab unless your gastroenterologist recommends this option.

If your stool is not liquid and yellow in appearance by 2 hours before you are due to leave for your procedure, a **TAP WATER ENEMA** can help to clear the stool further.

- Purchase an enema kit at your local pharmacy.
- Follow the instructions on the enema kit.
- If instructions are not provided, follow these general guidelines:
 - Fill the enema bag with 500 cc (about 2 cups) warm tap water. Do not use hot water.
 - Hang the enema bag on a nail or hook or have someone hold it about 12 to 18 inches above your rectum.
 - Lie on your left side with your knees bent toward your chest. You may also perform the enema on the toilet.
 - Remove the cap from the enema tip.
 - Gently insert the enema tip about 3 to 4 inches into your rectum.
 - Open the clamp and allow the water to flow slowly into your rectum. The flow rate can be adjusted by moving the clamp.
 - Hold the water in your rectum as long as possible — at least 15 minutes — then expel it into the toilet.

If you have any other further questions or concerns, please call the office at 224.407.4400 for additional guidance.