

SUPER MODIFIED PREPARATION INSTRUCTIONS

For significant constipation or history of suboptimal bowel preparation during prior procedure(s), please adhere to the following recommendations.

SUPPLIES NEEDED:

- Linzess 290 mcg (7 days' worth)
 - You will need to pick up samples from our office, unless instructed otherwise.
 - **Please call 224-407-4400 to establish pick up time.**
- Two (2) liquid bowel preparation kits
 - You will need to pick up samples from our office, unless instructed otherwise.
 - **Please call 224-407-4400 to establish pick up time.**
- Purchase (1) 10 oz. bottle of magnesium citrate (*lemon-lime only – avoid red/cherry*)
- Purchase MiraLAX 8.3 oz bottle
- Purchase tap water enema(s) (*at least 2*)
 - **Note:** Magnesium citrate, MiraLAX and enemas are all available over the counter at local pharmacy or through Amazon.
- Purchase low-fiber / low-residue foods

2 WEEKS BEFORE YOUR COLONOSCOPY

- Start a low-fiber / low-residue diet
- AVOID: Strict avoidance of seeds, nuts, popcorn, raw fruits/vegetables, whole grains, corn, salads
- EAT: Okay to eat white bread, white rice, plain pasta, eggs, skinless poultry, dairy (see the "Low Residue Diet Options" and "Additional Vegan Food Options" under the "Procedures" section of the website for additional details)

1 WEEK BEFORE YOUR COLONOSCOPY

- Start Linzess: Take 290 mcg daily, samples provided by our office.
- Start MiraLAX: Take 1 capful (17 g) daily dissolved in 8 oz. of water or clear juice
- Continue low-fiber / low-residue diet
- Drink a minimum of 64 oz. of water daily

3 DAYS BEFORE YOUR COLONOSCOPY

- Drink **1 full 10 oz. bottle of Magnesium Citrate** in the evening
 - *If you have kidney disease, magnesium citrate should not be used unless approved by your doctor.*
- Continue Linzess
- Continue MiraLAX
- Continue low-fiber / low-residue diet
- Drink a minimum of 64 oz. of water daily

2 DAYS BEFORE YOUR COLONOSCOPY

- **Drink clear liquids only — no solid food**
- Continue Linzess
- Continue MiraLAX
- Take the **FIRST** full bowel prep (2 doses)
 - Suflave, Plenvu, MiraLAX/Sports drink (e.g., Gatorade)
 - Do NOT use Sutab (pill prep) — it is not as effective as the liquid preparation
- Split dose, choose your start time for the first dose, second dose should be completed 4-8 hours after the first dose.

1 DAY BEFORE YOUR COLONOSCOPY

- **Clear liquids only**
- Continue Linzess
- Continue MiraLAX
- Take the **SECOND full bowel prep (2 doses)** as directed per emailed instructions

DAY OF YOUR COLONOSCOPY

- Use **tap water enemas in the morning** until bowel movements are clear. (See instructions below.)
- **Have nothing to eat or drink 3 hours before your scheduled procedure time**

TAP WATER ENEMA INSTRUCTIONS

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

- Purchase 1 enema bag kit, or 2 saline enema kits 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 12-18 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.
 - Use tap water enemas until bowel movements are clear.