

# MOUNTAIN WEST GASTROENTEROLOGY

St. George Office

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## **SENNAPREP**

### **SCHEDULE A (morning appointment)**

#### **FOUR DAYS BEFORE YOUR PROCEDURE**

- ✓ Begin eating a low fiber diet (avoid pulp fruits, beans, wheat products or vegetables).
- ✓ Drink at least 2 liters (1/2 gallon) of fluid each day.

#### **THE DAY BEFORE YOUR PROCEDURE**

- Start a clear liquid diet: Jell-o (not red or purple), bouillon, apple juice, Gatorade, 7-Up, Sprite, ginger ale, tea, coffee (no cream or milk).
- At 1:00 p.m. take 6 tablets of *Ex-Lax* or *Equate* **maximum strength** Sennosides laxative pills (25 mg tablet).
- At 9:00 p.m. take another 6 tablets of *Ex-Lax* or *Equate* **maximum strength** Sennosides laxative pills (25 mg tablet).
- You may continue to drink clear liquids until two hours prior to the procedure.
- You may experience some of the following symptoms: Cramping, headaches, chills, and/or nausea. Do not be alarmed as this is normal.

PLEASE BRING SOMEONE WITH YOU TO DRIVE YOU HOME, AS YOU WILL BE SEDATED FOR THE EXAM. Your exam will be cancelled if you do not have someone to drive you home. **Remember to take all your other medications normally unless otherwise instructed.** (If you take insulin in the morning take only 1/2 of your usual dose).

You will be in the Endoscopy Lab for approximately two to three hours. If you have any questions please contact our office at (435) 673-1149