



SoutheastGastro.com

Senna Prep Instructions

What you need to purchase:

1 bottle of 50 Senna 8.6 mg tablets (available over-the-counter at the drugstore or pharmacy)

Two Days Before the Procedure:

Take 4 Senna tablets at 7 p.m. followed by 8 ounces of any liquid

The Day Before Procedure:

- You may have the **LOW FIBER BREAKFAST** described on Page 1 of the Colonoscopy Information sheet. Finish eating by 9 a.m.
- After breakfast, begin clear liquid diet. Refer to the **CLEAR LIQUID DIET** instructions page for details and list of allowed clear liquids.
- Starting at 6 PM, swallow 3 tablets followed by 8 oz of any allowed clear liquid. Repeat this every 15 minutes, for a total of 5 doses (15 tablets). If you experience nausea, slow down the intake of the prep.
- Continue drinking allowed clear liquids until bedtime.

After Midnight the Day of the Procedure:

- **NOTHING** to eat or drink other than the prep solution.
- **5 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME**, swallow 3 tablets followed by 8 ounces of an approved clear liquid. Repeat this every 15 minutes for a total of 5 doses (15 tablets). If you experience nausea, slow down your intake, but you need finish the prep within 1.5 hours.
- If you normally take medication for blood pressure, seizures, pain, anxiety or breathing problems in the morning, take these with a sip of water just before leaving the house.