

Hydro Colonic Lavage Bowel Preparation Instructions for Patients with Constipation or Diverticulosis

Take charge of your health.

*The cleaner your colon, the easier it is for your doctor to detect polyps and
prevent colon cancer.*

Recommended for patients with one or more of the following:

- **Bowel movement less than once a day**
- **Small, hard bowel movement**
- **Inconsistent bowel movement**
- **Diagnosed with moderate to severe diverticulosis**
- **Previous failed or inadequate prep**

Please follow the constipation instructions below to ensure your colonoscopy success and our ability to detect polyps. Thank you for your diligence and cooperation with this bowel preparation program.

Three days before your colonoscopy appointment:

- Take ONE dose of Miralax (one packet or one measured cap dose) in 8 oz. of fluid at 5:30 PM.

Two days before your colonoscopy appointment:

- Take ONE dose of Miralax (one packet or one measured cap dose) in 8 oz. of fluid at 5:30 PM.

One day before your colonoscopy appointment:

- Follow directions on the Colonoscopy with the HydroPrep Instruction sheet (see reverse side).

Day of your colonoscopy appointment:

- Follow directions on the Colonoscopy with the HydroPrep Instruction sheet (see reverse side).

If you have any concerns, questions, or you would like to further discuss your candidacy for the HydroPrep, please call our office.

Thank you for choosing our facility and the HydroPrep as your colonoscopy preparation. We look forward to making your experience comfortable, respectful, and as effortless as possible.
