



FOUR DAY COLON PREP WITH LINZESS TABLETS AND COLON PREP PRESCRIPTION

LINZESS SAMPLE WILL BE PROVIDED BY CENTERS FOR DIGESTIVE HEALTH AND OBTAINED IN OUR MAIN OFFICE. THE COLON PREP SOLUTION WILL BE SENT TO YOUR PHARMACY.

STARTING ON DAY 1 _____ REPEAT ON DAY 2 _____.

YOU ARE TO TAKE 1 LINZESS 72mcg TABLET ON AN EMPTY STOMACH 1 HOUR PRIOR TO YOUR FIRST MEAL OF THE DAY.

YOU MAY HAVE A NORMAL DIET ON THESE DAYS BUT DO AVOID CORN, NUTS AND WHOLE GRAINS.

_____ DAY 3 – DRINK ONLY CLEAR LIQUIDS ABSOLUTELY (NO SOLID FOOD) NOTHING CAN BE RED, PURPLE OR BLUE, NO DAIRY PRODUCTS.

TAKE 1 LINZESS 72mcg TABLET IN THE A.M.

BOUILLON OR BROTH (NO NOODLES), CLEAR SODA, JUICES (WHITE GRAPE, APPLE OR WHITE CRANBERRY), TEA, COFFEE, (NO CREAM), GARORADE/POWERADE, CRYSTAL LITE, WATER – BASED POPSICLES AND JELLO -O ARE ALL OK TO EAT (EXCLUDING ABOVE COLORS).

DIABETIC PATIENTS HAVE SCRAMBLED EGGS FOR BREAKFAST AND CONSUME SUGAR FREE LIQUIDS AND TAKE DIABETIC MEDICINE.

_____ DAY 4 – DAY PRIOR TO SCOPE CONTINUE WITH CLEAR LIQUIDS ABSOLUTELY NO SOLID FOODS.

TAKE 1 LINZESS 72mcg TABLET IN THE A.M.

5 PM - FOLLOW COLON PREP INSTRUCTIONS PROVIDED FROM CENTERS FOR DIGESTIVE HEALTH. CONTINUE CLEAR LIQUIDS UNTIL MIDNIGHT, NOTHING AFTER.

IF YOU TAKE BLOOD PRESSURE MEDICINE YOU CAN TAKE THE MORNING OF YOUR PROCEDURE WITH A SMALL SIP OF WATER.

DIABETIC PATIENTS DO NOT TAKE INSULIN OR DIABETIC MEDICINE. CONSUME LIQUIDS WITH SUGAR, DRINKS THAT ARE NOT SUGAR FREE.