

COLON LAVAGE FOR COLON HEALTH

TIMELINE:

● **TWO DAYS PRIOR**

- Please **stop taking any iron, charcoal, or fiber supplements.**
- Stop eating **nuts, seeds, popcorn**, or any products that contain these items.
- Avoid **LARGE** meals... What goes in must come out!
- TAKE **2 Dulcolax tablets** AT BEDTIME (PM) WITH A CUP OF WATER — or as an ALTERNATIVE, you can use a **laxative tea**, such as **Smooth Move** — found at your local grocery or health food store.

● **ONE DAY PRIOR**

- Maintain a **LIQUID DIET ALL DAY** — but a light breakfast (e.g. a fruit smoothie) is ok in the A.M.
- But, after breakfast, please switch to a “**clear**” liquid diet — avoid milk / dairy as much as possible. Examples of a clear liquid diet include: Broth, Juice without pulp (Apple or Grape or Cranberry Juice), Sport Drinks, Popsicles, Jello-O.

REMEMBER: NOTHING RED/BLUE/PURPLE

- TAKE **2 Dulcolax tablets** AT BEDTIME (PM) WITH A CUP OF WATER — or as an ALTERNATIVE, you can use a **laxative tea**, such as **Smooth Move** — found at your local grocery or health food store.
- It is very important to drink **PLENTY** of liquids to ensure BOTH good digestive preparation and adequate hydration for your procedure.

● **DAY OF LAVAGE**

- It is very important to drink **PLENTY** of liquids to ensure BOTH good digestive preparation and adequate hydration for your procedure.
- Continue to drink plenty of liquids - as you did the day before. We suggest you stop about 2 hours prior to your appointment time.
- Please arrive at NOLA Gastro **15-20 MINUTES PRIOR** to scheduled appointment, where you will fill out some brief paperwork before the colon lavage.
- Wear comfortable clothing.
- The lavage will take approximately 45 minutes
- You will leave feeling clean and ready to start fresh with a healthy colon*!

*For patients that suffer from chronic constipation, more than 1 lavage may be necessary.

** In general, NOLA Gastro and Dr. Viv suggest eating a diet rich in natural probiotics.