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## Colonoscopy Preparation Instructions

### Important Message:

We must speak to you directly around a week or so before your colonoscopy in order to confirm your procedure. We will contact you. If we leave a voice message, you **MUST** return our call to 857-8606 in order to confirm. Failure to speak with you within (2) days prior will result in your colonoscopy being cancelled.

Please note : if you are constipated please drink an extra bottle of magnesium citrate including the ones that are already in the prep.

### Medications:

1. Stop taking Aspirin/Ibuprofen or any other blood thinning medications for **5 days prior** to the procedure. This includes: Coumadin, Plavix, Celebrex, Naproxen, and many other arthritis medications. Please let your medical doctor know you are stopping these medications. If it is medically necessary not to stop any of these medications, please let us know. Tylenol may be taken if needed.

2. Diabetics: Take 1/2 (one half) the dose of diabetic medication the day before the test, and none on the day of the exam, until you are released.

3. Heart, thyroid, blood pressure and cholesterol medications must be taken as directed, even on the day of the procedure.

**\* NOTHING RED IS ALLOWED!! Not even the gatorade**

**\* The procedure is performed under conscious sedation Which is why you must have a driver .**

**\* No foods with seeds, and no salad greens should be consumed within 24 hours before the preparation.**

### Day before colonoscopy:

No solid food is allowed. Only clear liquids may be consumed. These include: Gatorade, broth, any clear juice, soda pop, black coffee, tea, jello (not red), hard candies, popsicles. No dairy products of any kind are allowed. Not even dairy creamer.

### On day of colonoscopy:

You may continue drinking clear liquids right up until you leave home. If you have an afternoon (**PM which means any appointment from 12 noon and on**) appointment for the colonoscopy, the **day before the exam** you may have a light breakfast: toast, english muffin,

fruit. This is only if you have a pm appointment. **Be careful of any thing wth seeds are not allowed!!!**

**\* You may not drive or work for 12 hours after your appointment. You must arrange for a driver to accompany you home.**

**\* You will not be discharged to go home in medical transportation or cab/bus alone. You must have a driver with you or be accompanied by someone.**

Please get your referral from your primary **(only If your insurance requires one)** medical doctor as soon as possible. Your appointment may be cancelled if the office does not have your referral ahead of time.

**Report to:**

**{SCOPEFACILITLY:12609}**

**Date/Time to Arrive: \*\*\***

### **COLONOSCOPY PREP: MAGNESIUM CITRATE**

**You do not need any scripts for this prep. It is all over the counter and can be purchased at drugstore. It is over the counter!**

**Purchase at drugstore:** 1. Two 10 ounce bottles of Magnesium Citrate ( Over the Counter ) no red( magnesium citrate)  
2. 2 liters of Gatorade **(Any color but red)**

#### **FOR A.M. COLONOSCOPY FOLLOW BELOW:**

**\* 4:00 PM:** Drink 1 bottle of Magnesium Citrate

**\* 5:00 PM:** Drink 1 liter of Gatorade

**\* 7:00 PM:** Drink 1 bottle of Magnesium Citrate

**\* 8:00 PM:** Drink 1 liter of Gatorade

#### **FOR P.M. APPOINTMENT FOLLOW BELOW:**

**\*8:00 PM:** Drink 1 bottle of Magnesium Citrate

**\*9:00 PM:** Drink 1 liter Gatorade

the next morning :

**\*7:00AM:** Drink 1 bottle of Magnesium Citrate

**\*8:00AM:** Drink 1 liter of gatorade

**Please note:**

Once you drink all the medication, it is essential that you drink a lot of fluids to avoid dehydration and dangerous electrolyte imbalance-force yourself to drink at least 8 oz of approved clear liquid after ingestions. Stay close to a bathroom.

Be aware that this medication causes profuse diarrhea to cleanse your colon for the test.

Bring along a list of the names and dosages of any medications you are taking--even over the counter medications.