

## Colonoscopy Instructions

- Please read all instructions at least 7 days before your procedure. A safe and complete exam depends on following these instructions carefully.

- You must arrange for someone to drive you home after your procedure. Due to the sedation, taking a taxi, bus, or Uber is not allowed, unless accompanied by a responsible adult.
- Please bring a photo ID and your insurance card to the facility. Do not wear perfume or bring jewelry.

**WHEN**      Date \_\_\_\_\_  
Arrival time \_\_\_\_\_ Start time \_\_\_\_\_ Pick-up time (approx.) \_\_\_\_\_

- Note: the person who drives you does not need to stay at the facility but must be available to pick you up within 30 minutes of being called.

### MEDICATIONS

1. If you take blood thinners (e.g. Coumadin, aggrenox, plavix, taclid), please notify your physician at the time of scheduling, so they can give you specific instructions about how and when to stop taking these medications.
2. Stop taking aspirin 7 days before the procedure (even if you take just an 81-mg "baby" aspirin), unless otherwise advised by your doctor. NSAIDs (anti-inflammatory medication such as Advil, Aleve, Motrin and others) should be stopped 3 days before the procedure. Tylenol (acetaminophen) can be continued.
3. If you take MAO-inhibitors (e.g. nardil or pamate) or the diet pill phentermine, please consult your doctor for instructions. You may need to be off these medications for at least 2 weeks before your procedure.
4. Iron supplements and narcotics should be stopped 2 days before the exam.
5. Vitamin E, ginkgo, and fish oil should be stopped 7 days before the exam.
6. Diabetes medication (both insulin and oral) please ask your doctor for instructions about how to take these medications both on the day of the procedure and the day before the procedure (the "prep" day).

**CONTINUE** All other routine medications, including heart and blood pressure medications, should be continued.

**DIET** Avoid eating anything with seeds (sesame, poppy, etc.) for 2 days before the test.

**REMEMBER** For your own safety, please make sure we know every medication that you currently take-or have taken recently-both prescription and non-Rx drugs and supplements.

**FINALLY** **YOU WILL BE SEDATED FOR THE PROCEDURE AND WILL NOT BE ABLE TO DRIVE UNTIL THE NEXT MORNING, IF ANYTHING IS UNCLEAR, PLEASE ASK!**

## **Magnesium Citrate: Colonoscopy Prep**

- ✓ Please read instructions one week before the procedure
- ✓ You can buy Over-The-Counter (2) bottles of 10oz, magnesium citrate (clear/ lemonlime)
- ✓ For a good exam, please follow these instructions carefully and finish both doses of prep

### **ONE DAY BEFORE COLONOSCOPY**

**ONLY allowed to have (2) eggs with one piece of white toast bread anytime before 10:30 a.m.**

**Step 1: Clear Liquid Diet:** After taking breakfast, you may drink only "clear liquids." Milk products all soft or solid foods are not allowed. Please **STAY OUT** of colors **RED** and **PURPLE**.

Clear Liquids include:

- o water
- o *Clear broth and bouillon*
- o *Coffee and tea (without milk, non-dairy creamer)*
- o *Hydrallife rehydration drink (will help you stay well hydrated) pedialyte, another rehydration drink, is also a good choice*
- o *Fruit Juice, strained, without pulp (apple, white grape and lemonade)*
- o *Gatorade or Kool-Aid( as long as there not RED or PURPLE)*
- o *Soft drinks: sodas ok*
- o *Jell-O, plain (as long as there not RED or PURPLE)*
- o *Ice popsicles (as long as there not RED or PURPLE)*

It is very important to stay well hydrated. Please drink at least 64oz (8 glasses) throughout the day and evening. Coffee and sodas can be dehydrating, Please limit their intake.

**Step 2: Take two Dulcolax tablets at noon. [ ]**

**Step 3: Magnesium Citrate #1**

**6:00 p.m.:** Drink 10oz of magnesium citrate. It's easier to take chilled. Finish in 1-1 ½ hrs  
Mix with ginger ale or apple juice 2-3 cans /24-36oz in large pitcher.

Remember to take the magnesium citrate completely, even if you think is not necessary. The prep often starts working within 30 minutes but may take 8hrs or more. Please remain within easy reach of a toilet. Also, applying Vaseline or Calmoseptine can help with a sore bottom.

Continue drinking clear liquids. Continue with at least 8oz every hour until bedtime.

**Step 4: Magnesium Citrate# 2:** At **10 p.m.** drink 10oz of magnesium citrate. Remember to take the magnesium citrate completely. Mix with ginger ale or apple juice the same way as step 3.  
**Can have clear liquids until 12 midnight.**

Please bring photo I.D and Insurance card.

**NOTE: MUST BE FASTING 4 HOURS PRIOR TO PROCEDURE**

**Remember to have a designated driver BEFORE and AFTER procedure!**

**24 Hours before procedure**

**CLEAR LIQUID DIET**

**Breakfast**

Apple juice  
Clear broth (bullion)  
Non-red jello ( ex: Yellow)  
Gingerale, 7-up  
Coffee, sugar

**LUNCH**

Clear broth (bullion)  
Fruit ice (popsicles) (no red)  
Tea, sugar  
Coffee, sugar

**DINNER**

Apple juice  
Clear broth  
Non-red jello  
Tea, sugar  
Coffee, sugar

**SNACKS**

7-UP, Gingerale, Pop  
White grape juice  
Non-red jello  
Hard candies (no red)  
Non-red popsicles

**NOT ALLOWED**

Coffeemate  
Cremora  
Mocha mix

**NO MILK OR MILK RELATED PRODUCTS.  
NO RED DYE (NON - RED JELLO OR  
POPSICLES OR JUICES)**