

Colonoscopy Preparation Instructions

MAGNESIUM CITRATE (*PM PROCEDURE*)

1. THREE DAYS PRIOR TO YOUR PROCEDURE

- Please start a low residue/low fiber diet.
 - o Acceptable low residue/low fiber diet include:
 - Meat
 - Bacon
 - Fish
 - Chicken
 - Cheese
 - Eggs
 - Milk
 - Yogurt
 - Oatmeal
 - Cream of wheat
 - Pancakes
 - Waffles
 - Cake
 - Saltine Crackers
 - White bread
 - Pasta
 - Rice
 - Potato
 - Squash
 - Avocado
 - Canned fruit
 - Olive oil
 - Butter
 - Chocolate

2. THE ENTIRE DAY PRIOR TO YOUR PROCEDURE

- **You may only have clear liquids**
 - o Acceptable clear liquids include:
 - Beef or chicken broth
 - Jell-O or popsicles (***NO RED, PURPLE OR ORANGE***)
 - Sprite
 - 7-UP
 - Ginger Ale
 - Apple juice
 - Water
 - Tea or coffee (***PLAIN, NO CREAM OR SUGAR***)

3. THE DAY (MORNING) OF YOUR PROCEDURE

What you need: (2) Magnesium citrate bottles
Dulcolax 5mg tablets (***four tablets***)

- Beginning at **4 AM**
 - o **Take the first 2 Dulcolax tablet**
 - o Drink one bottle of the Magnesium citrate.
- Take the last 2 Dulcolax tablets **6 hours prior** to your exam time.
- Take the last bottle of Magnesium citrate, 5 **hours prior** to your exam time

****Also, you may not have ANYTHING within 3 hours of your exam time. ****
Your procedure may be cancelled if you do so.

4. Arrange to take the day off of work since anesthesia will be administered. You **MUST** have a responsible adult driver present at the time of arrival and during your recovery. We cannot start the procedure without your driver present in the building. You will NOT be able to drive yourself home after the procedure. **Uber, Lyft, Taxi, bus or other forms of “public transportation” are NOT acceptable means of returning home after the procedure.** If you do not have an acceptable mode of transportation home after the procedure, your appointment will be cancelled and rescheduled to a different date.
5. All body piercings **MUST BE REMOVED** prior to arrival.

6. MEDICATION MODIFICATIONS

****PLEASE DO NOT STOP TAKING YOUR ASPIRIN****

- **Stop** Coumadin 5 days prior to the procedure
- **Stop** Pradaxa, Xarelto and Eliquis 2 days prior to the procedure
- **Stop** Plavix 7 days prior to the procedure
- **Stop** any anti-inflammatory medication 1 day prior to the procedure (including ibuprofen)
- **Stop** any arthritis medication 1 day prior to the procedure
- **DO NOT TAKE** insulin or any other oral diabetic medications the morning of the procedure. Be sure to check your blood sugar 4 hours prior to your appointment time. If your blood sugar is low, drink a glass of apple juice
- Please take ½ dose Lantus the night before the procedure (*if you are prescribed this*)
- **Continue to take any other prescription medications that are not listed above. They must be taken no later than 3 hours prior to your arrival time.**

****IF YOU ARE NOT SURE IF YOUR MEDICATIONS FALLS UNDER ANY OF THESE CATEGORIES, PLEASE CONTACT YOUR PHARMACY FOR FURTHER ASSISTANCE. ****

Your exam is scheduled on _____ at _____ am / pm

At _____ . Please arrive no later than _____ am / pm
-Please arrive no later than your arrival time to your appointment time

YOUR PROCEDURE MAY BE CANCELLED AND RESCHEDULED IF YOU ARE LATE!

*******PLEASE BE FLEXIBLE. YOUR PROCEDURE TIME MAY VARY DEPENDING ON NUMEROUS FACTORS (cancellations, procedural delays, etc.) *******

Important: It is important that you contact your insurance company **5 DAYS PRIOR** to your procedure date. You may have a co-payment the day of your procedure and are responsible to verify with your insurance in advance. *Patients calling to cancel less than 2 business days due to a high co-payment may be subject to a \$150.00 cancellation fee.*