

COLONOSCOPY PREPARATION WITH SPLIT DOSE MAGNESIUM CITRATE

ONE WEEK BEFORE PROCEDURE : Make sure to review instructions and pick up needed prescriptions or over-the-counter medications.

AVOID consuming corn, seeds, and nuts from this date on until your procedure is completed.

PURCHASE the following from your pharmacy or grocery store:

- Four Bisacodyl (Dulcolax laxative) tablets - no prescription needed
 - Three 10oz. bottles of Magnesium Citrate - no prescription needed
 - Reglan or Zofran (anti-nausea medication) - prescription sent to pharmacy
- Prep additions - None

REVIEW these instructions and the attached Medication Check List.

DAY BEFORE PROCEDURE :

NO SOLID FOODS OR DAIRY PRODUCTS TODAY

CLEAR LIQUIDS ONLY TODAY (anything you can see through)

Examples include: water, broth, black tea or coffee (no creamer), clear juice without pulp such as apple or white grape, jello, clear soda such as Sprite or Ginger-ale, clear Ensure or Pedialyte, popsicles, sorbet, hard candy, Gatorade and other sport drinks. **Avoid red or purple colored liquids.** No alcoholic beverages. Be aware that carbonated beverages may cause bloating.

At 4:00pm - Take four (4) Bisacodyl (Dulcolax) tablets with 8-12oz. of clear liquid.

At 5:00pm - Take the Reglan/Zofran as directed and drink one **10oz. bottle of Magnesium Citrate**

At 6:00pm - Drink one **10oz. bottle of Magnesium Citrate**

BE SURE TO DRINK PLENTY OF CLEAR LIQUIDS WHILE PREPPING FOR THE PROCEDURE.

Some patients do experience nausea and/or vomiting while preparing for this procedure. If this happens, you may need to take a short break from drinking the mixture. **It is essential to complete your entire prep.** Bowel movements are not predictable - don't worry if it takes several hours after you drink the first dose of the prep before you have bowel movements.

DAY OF PROCEDURE :

At 1:30am or six (6) hours prior to procedure - Drink last **10oz. bottle of Magnesium Citrate.** You may have a few sips of water after drinking.

*****Nothing by mouth 4 hours before colonoscopy. This includes gum, mints, cough drops and liquids.**

- Wear comfortable clothes. Do not wear contacts.
- Female patients under the age of 50 will be required to provide a urine sample for pregnancy testing

If you have any questions, please refer to our website, www.gastrowny.com.