

- Colon cleansing is an important part of a colonoscopy. Following these steps will help to achieve a thorough cleansing. The checklist on the back of these instructions will help you follow all the needed steps.
- Notify the physician performing the test before you take the preparation, if you have kidney problems, heart disease, diabetes, or problems with bleeding or clotting.
- Notify your physician in advance if you take **Coumadin or Plavix**. These medications may have to be stopped 5 days before your test.

### **5 DAYS BEFORE THE COLONOSCOPY:**

- **Stop** taking iron pills or Pepto Bismol.
- Avoid foods that contain seeds or nuts starting today and up to the procedure.
- Purchase two 10 ounce bottles of **Citrate of Magnesia (NO RED)** and **2 Dulcolax (Bisacodyl) tablets**.

### **1 DAY BEFORE THE COLONOSCOPY:**

- Have clear liquids only throughout the day. These include water, coffee, tea, clear broth, juices without pulp (no orange juice), soda, Gatorade, Jello or plain yogurt. Do not drink red colored liquids as this can interfere with the test. Do not drink alcohol.
- It is important to drink plenty of fluids so you do not become dehydrated and so that the laxative will be effective.
- **At 5 pm**, drink one 10 ounce bottle of Citrate of Magnesia.
- **At 8 pm**, take 2 Dulcolax (Bisacodyl) tablets with 8 ounces of clear liquid.
- Drink at least 3 more eight (8) ounce glasses of clear liquids during the rest of the evening. You can drink more, but not less. Medicines should be taken on their regular schedule except the ones mentioned earlier.
- Nothing to eat or drink after midnight except the additional preparation in the morning.

### **DAY OF THE COLONOSCOPY:**

- Take your usual morning medications (except the ones mentioned before) with a small amount of water.
- Drink one 10 ounce bottle of Citrate of Magnesia. This must be finished by \_\_\_\_\_ **am**: which is 3 hours prior to your procedure time.
- Make sure you have someone to drive you home from the procedure. **You will not be able to drive for 24 hours.**
- Wear loose fitting, comfortable clothing.

## HELPFUL HINTS

Use the "good" toilet paper or baby wipes during the prep.

Protect your skin during the preparation. You can use anything you have in your cabinet, like A & D ointment, Balmex, Desitin, or Vaseline. Use it after every trip to the bathroom. This will prevent your skin from getting sore.

Stay well hydrated. You lose a lot of fluid during the prep. Drink at least as much as the directions tell you to.

The end result of the cleansing needs to be liquid. Most often it is yellow in color and not crystal clear. There may be small flecks of sediment in it.

If you normally drink coffee, it is fine to have a cup during your prep.

If you get a headache, it is fine to take something for it during your prep.

You may have milk and yogurt (even frozen) but, it must be smooth in texture. No fruit pieces, seeds or nuts!

It may take a while before the first dose of prep starts to work. You may have urgency, so stay near a bathroom. This is not the time to go shopping.

**If you are unable to keep your appointment, please call to reschedule as soon as possible. We request that you call at least 3 business days before your procedure is scheduled, so we can offer that time to another patient. We reserve the right to charge a penalty fee for patients who "no show" or cancel without adequate notice or explanation.**

## CHECKLIST

### 1 DAY BEFORE THE COLONOSCOPY

- Liquids only throughout the day (see list for acceptable liquids)
- 4 pm: 8 ounce glass of water / clear liquids
- 5 pm: **One 10 ounce bottle of Citrate of Magnesia** and an 8 ounce glass of water / clear liquids
- 7 pm: 8 ounce glass of water / clear liquids
- 8 pm: **Two Dulcolax (Bisacodyl) tablets** and an 8 ounce glass of water / clear liquids
- 9 pm: 8 ounce glass of water / clear liquids

### DAY OF THE COLONOSCOPY

- \_\_\_\_\_ am: **One 10 ounce bottle of Citrate of Magnesia.**

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2 bottles

## **CITRATE OF MAGNESIA AND DULCOLAX PREP INSTRUCTIONS**

Report to: \_\_\_\_\_

Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

**You will be drowsy from the medication, and will NOT be able to drive yourself home. Please arrange to have someone drive you home. No exceptions will be made.**

**Bring a photo I.D. and insurance card.**