

COLONOSCOPY WITH MAGNESIUM CITRATE

(This preparation is not for you if you have kidney failure or advanced cardiac disease)

Date: 4/5/16

Patient Name: «**FirstName**» «**LastName**»

You are scheduled for a colonoscopy at North Coast Endoscopy Suite 380 in the Lake Ambulatory care Center on «NextAppt». Please arrive at the office at _____ a.m./p.m.

Please let our office know at least 5 days in advance if you are regularly taking aspirin, blood thinners, or Coumadin. **DO NOT TAKE ANY OF THE FOLLOWING FOR FIVE (5) DAYS BEFORE THE PROCEDURE:** Aspirin, Motrin®, Ibuprofen®, Advil® Aleve®, Excedrin or most arthritis medications. You **MAY** take Tylenol® if needed.

FIVE DAYS BEFORE THE PROCEDURE:

1. Take 1 capful of Miralax with 8 ounces of water twice today.

TWO DAYS BEFORE THE PROCEDURE:

1. May have breakfast and lunch but have a clear liquid dinner. **(NO SOLID FOODS AND NOTHING WITH RED DYE)**. The **ONLY** items you may have are black coffee, tea, orange juice with no pulp, apple juice, bouillon/broth, water, clear pop (Ginger Ale or Sprite), and any kind of Jell-O or popsicles as long as they are **NOT** red.
2. Take 1 capful of Miralax with 8 ounces of water twice today.
3. Take four (4) Dulcolax pills before bed.

ONE DAY BEFORE THE PROCEDURE:

1. **ALL DAY – NO SOLID FOOD AND NOTHING WITH RED DYE.** The **ONLY** items you may have are black coffee, tea, orange juice with no pulp, apple juice, bouillon/broth, water, clear pop (Ginger Ale or Sprite), and any kind of Jell-O or popsicles as long as they are **NOT** red.
2. Take one bottle of lemon Magnesium Citrate at 6 PM (Purchase at local drugstore)
3. Take one bottle of lemon Magnesium Citrate at 10 PM (Purchase at local drugstore)
4. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

THE MORNING OF THE PROCEDURE:

1. Nothing by mouth the morning of the procedure.
2. You must have a driver to take you home the day of the procedure. You are not to drive the entire day of your procedure. Your driver must return within one (1) hour of drop off in our office (Suite 380)
3. You will be here approximately three (3) hours total on the day of your procedure.

It is very important for you to keep your appointment on the scheduled date. Please cancel for true emergencies only. Thank you for your cooperation. Please call us between the hours of 9-5 if you have any questions. Thank you.