



INSTRUCTIONS FOR COLONOSCOPY WITH MAGNESIUM CITRATE

Please inform us if you are taking medications such as Aspirin, Coumadin, Plavix or any other anticoagulant. It is possible that we tell you to stop them if your primary care physician agrees. Notify us if you have a pacemaker or valve replacement.

YOU WILL HAVE TO REMOVE THE NAIL POLISH FROM AT LEAST ONE FINGER ON EACH HAND. OTHERWISE WE MIGHT HAVE TO CANCEL YOUR PROCEDURE.

Buy 2 bottles of Magnesium Citrate (preferable NOT RED) and 4 Dulcolax tablets,

The day before your procedure you can have a normal breakfast. After breakfast, stay on LIQUID DIET (soups, creams, juice, broth, gelatin, supplements) for the rest of the day.

At 5:00PM take 2 Dulcolax tablets and 1 bottle of Magnesium Citrate. At 7:00PM repeat the same dosing

Do not eat anything after midnight. You can take medications for your blood pressure, heart, seizures etc. with a bit of water. IF YOUR PROCEUDRE IS SCHEDULED IN THE AFTERNOON YOU CAN DRINK CLEAR LIQUIDS (NOT RED) UP UNTIL TWO HOURS BEFORE YOUR PROCEDURE.

On the day of the procedure you must be fasting. If you are a diabetic DO NOT take your diabetes medication until you are instructed you can do so, after the procedure.

You must be in the company of an adult who can drive, we will not be able to perform the procedure if we are not clear on who will be responsible for taking you home after the procedure.

You can bring a blanket for your comfort. It is not necessary to bring a pillow.

Upon discharge, you will be given instructions on what to do after the procedure.