

Citrate of Magnesia and Dulcolax
Colonoscopy Preparation Instructions

Purchase at the Pharmacy

- Dulcolax, Four (4) Tablets (available over the counter at your pharmacy)
- Citrate of Magnesium, Two (2) 10 oz. bottles (Lemon flavored)- **NOT CHERRY**
- Clear liquids (see list below)

If you need to cancel your appointment, please contact the office at least Five (5) days prior to your procedure. If the office does not receive cancellation 36 hours prior to your procedure a fee of \$125 will be applied. For your convenience, there is an afterhours cancellation line.

7 Days Prior To Procedure:

- Stop aspirin, products containing aspirin, Aggrenox, Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Bilbao, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
- Avoid eating seeds and foods containing seeds (such as grapes, berries, etc.)
- Avoid popcorn, nuts, corn, beans & poorly digestible vegetables (corn, broccoli, cauliflower etc.)
- Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc.
- Tylenol is permitted.

5 Days Prior To Procedure:

- Stop anti-platelet agents (Ticlid, Plavix, Pletal, etc)

4 Days Prior To Procedure:

- Stop Coumadin/Warfarin

**** If you do take Coumadin/Warfarin, Lovenox, anti-platelet agents (Ticlid or Plavix) you must consult with your cardiologist or primary care physician regarding discontinuing these medications. If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure. ****

1 Day Prior To Procedure

You should consume at least 64 ounces of liquid during the day prior to your colonoscopy;

Clear Liquid Diet: this includes breakfast, lunch & dinner

You may eat:

- Fat free bouillon & both , consommé
- Strained fruit juices (no pulp), ginger ale, sprite, water – any clear liquid.
- Plain coffee (black)
- Plain tea
- Sports drinks- such as Gatorade
- Gelatin (Jell-o)-not red, purple or orange
- Italian ices/fruit ice popsicles - not red, purple or orange
- Hard Candy

ONE DAY BEFORE THE PROCEDURE:

- You are going to be on a clear liquid diet for breakfast, lunch and dinner.
- Avoid liquids that are red, orange, or purple colored.
- You can drink apple juice, white grape juice, Gatorade, Ginger Ale, Sprite, broth and tea. Water Based ices and Jello are fine.
- Fat free bouillon & both , consommé
- Strained fruit juices (no pulp), ginger ale, sprite, water – any clear liquid.
- Plain coffee (black)
- Plain tea
- Sports drinks- such a Gatorade
- Gelatin (Jell-o)-not red, purple or orange
- Italian ices/fruit ice popsicles - not red, purple or orange
- Hard Candy
- You start the prep at 5 PM. Take 4 Dulcolax tablets with water or any clear liquid drink.
- At 7 PM take the first bottle of Magnesia Citrate.
- At 9 PM take the second bottle of Magnesia Citrate.
- *Just a suggestion: put the Citrate in the back of the refrigerator to make it as cold as possible, you can also drink with a straw.
- Please drink at least 8 glasses of water in the course of the evening.
- If your procedure is in the morning: Nothing to eat or drink after midnight.

- **If your procedure appointment is in the afternoon: You may take sips of clear liquid up to 6 hours prior to the procedure appointment.**

Please avoid:

Milk & milk products on the day prior to your procedure

Do not drink beverages containing red or purple dye.

In order for this procedure to be performed, **you must have a ride home.**

You cannot be discharged from endoscopy suite unless accompanied by an adult who can either drive you home or accompany you home in a taxi or on public transportation.

Please follow instructions above to minimize the risk of serious bleeding if a polyp is removed or biopsy taken to ensure good preparation.

IMPORTANT INFORMATION TO KNOW

Even if you have clear loose stools, please continue the prep.

You may have nausea while drinking the solution, but you should try to drink all of the drink to ensure adequate preparation.

If there is significant nausea, cramping or bloating, you may temporarily slow the pace of ingestion.

Individual responses to laxatives vary greatly. Preparation often starts working within one hour but may take longer than 4. Remain close to a toilet as multiple bowel movements may occur.

You may drink clear liquids (as specified on previous page) until midnight day prior to your procedure. No further drinking is allowed until after the procedure is completed the following day.

Take your blood pressure/heart medications the morning of your procedure with a sip of water.

DIABETICS SHOULD NOT TAKE DIABETES MEDICATION THE MORNING OF THE PROCEDURE

IF YOU ARE A DIABETIC: CHECK WITH YOUR PRIMARY CARE PHYSICIAN OR ENDOCRINOLOGIST ABOUT TAKING YOUR DIABETIC MEDICATION-

Appointment Location:

- 550 Mamaroneck Avenue, Suite 101, Harrison, NY 10582
- White Plains Hospital, 41 East Post Road, White Plains, NY 10601

**** 30 minutes prior to your procedure if done within our offices****

**** 1 hour prior to your appointment time if done in White Plains Hospital****

You must have an adult accompany you after the procedure or you will not be released from care.

You cannot be discharged unless accompanied by an adult who can either drive you home or accompany you home in a taxi or on public transportation.

Please remember to bring your insurance card to your appointment.

Leave all valuables at home. Scarsdale Medical Group, LLP is not responsible for any lost or damaged items.