

PLEASE USE THIS FORM TO MAKE  
A LIST OF YOUR CURRENT  
MEDICATIONS WITH DOSAGES.  
BRING THIS WITH YOU THE DAY  
OF YOUR PROCEDURE.

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If it is after hours and you have questions regarding your preparation, please call the office that your physician is associated with:

- Coon Rapids/Plymouth      651-312-1717
- Edina/Burnsville      651-312-1700
- Minneapolis      651-225-7855
- St. Paul      651-312-1620

# PREPARATION FOR A COLONOSCOPY

*CITRATE OF MAGNESIUM PREP*



## WHAT IS A COLONOSCOPY?

Colonoscopy is a safe and effective procedure that allows the doctor to visually examine the entire lining of the colon and rectum using a colonoscope (a long flexible tube about the thickness of a finger). The colonoscope allows your doctor, if necessary, to take a small sample of tissue for examination under a microscope (a biopsy), or remove a polyp (polypectomy).

### *Bowel Preparation*

■ Prior to beginning your prep, please read this entire brochure in addition to the “Colonoscopy Instructions” brochure. If you have any questions about your bowel preparation instructions, please contact your physician’s office.

■ Purchase (2) 10-ounce bottles of lemon flavored Citrate of Magnesium and (4) delayed-release Dulcolax tablets at any pharmacy. You will not need a prescription for either of these laxatives.

### *One Day Before Your Procedure*

■ On \_\_\_\_\_ at \_\_\_\_\_ am/pm, you must begin a clear liquid diet. You may NOT eat any solid food or semi solid food (i.e. applesauce, oatmeal, mashed potatoes).

■ **Acceptable** clear liquids include: apple and white grape juice or other non-citrus juices without pulp, Gatorade® or other sports drinks, ginger ale, diet or regular 7-Up®, Sprite® or colas, Kool-Aid®, water, clear broth, popsicles, honey and hard candies without filling. Also included in a clear liquid diet is black coffee or tea without cream or powdered creamer and jell-O without added fruit.

■ You should consume at least one gallon of clear liquids (between 10:00 am and 8:00 pm). Drink at least (1) 8-ounce glass of clear liquid every hour. The more clear liquids you drink throughout the day the better the laxatives will work for you.

■ If you take diuretics please drink Gatorade® with your clear liquids.

■ Do **not** drink or consume anything that is red or purple in color.

■ Do **not** drink or consume milk or any dairy products.

### *Beginning the Laxative*

#### *The day before your procedure:*

Be near a restroom after starting your laxative. Apply A & D® ointment or Vaseline® to the anus to prevent irritation if needed.

Drink one gallon of liquid after the prep starts.

■ Starting at 5:00 pm the evening before your procedure, drink one 10-ounce bottle of the lemon flavored Citrate of Magnesium. Take the (4) delayed-release Dulcolax tablets starting at 7 pm.

■ You must consume at least one (1) gallon of clear liquids.

■ Individual responses may vary. This laxative will cause multiple bowel movements and diarrhea. It often works within 30 minutes, but may take longer.

#### *Procedure Day*

Four (4) hours before your procedure on \_\_\_\_\_ at \_\_\_\_ am/pm, drink the entire 2nd 10 ounce bottle of lemon flavored Citrate of Magnesium.

CONTINUE THE CLEAR LIQUID DIET UNTIL 3 HOURS PRIOR TO YOUR PROCEDURE. PLEASE **STOP** ALL CLEAR LIQUIDS ON \_\_\_\_\_ AT \_\_\_\_\_ AM PM

■ If you experience nausea or vomiting, rinse your mouth with water, take a 15 to 30 minute break and then continue drinking the prep solution.

## FREQUENTLY ASKED QUESTIONS?

### **Q: Can I drink anything other than water?**

A: Yes! It is important that you drink a variety of allowed clear liquids to avoid the possibility of becoming nauseated and dehydrated. Clear liquids include: apple and white grape juice or other non-citrus juices without pulp, Gatorade® or other sports drinks, ginger ale, diet or regular 7-Up®, Sprite® or colas, Kool Aid®, water, clear broth, popsicles, honey and hard candies without filling. Also included in a clear liquid diet is black coffee or tea without cream or powdered creamer and jell-O without added fruit.

### **Q: Can I take other medications before the procedure?**

A: Yes, except the ones listed on the enclosed pink Important Considerations form. Generally, you should take prescribed medication, as directed, both on the preparation day and on the day of the procedure. However, you must not take anticoagulants (blood thinners) for at least 3-5 days prior to the procedure. These include Coumadin®, aspirin, Plavix®, and ibuprofen.

### **Q: Do I need antibiotics before the procedure?**

A: If you have had a total joint replacement less than 6 months ago or if you have had a mechanical heart valve replacement or if you require daily antibiotics for any other medical condition, then you do need antibiotics. If you have had a total joint replacement longer than 6 months ago or if you have a mitral valve prolapse, then you do not need antibiotics. Please contact the doctor who manages these conditions for the prescription.

### **Q: How long will the colonoscopy take?**

A: The entire procedure usually takes less than an hour. You should plan to be at the facility for approximately 2 hours. The amount of time may vary from patient to patient, depending on how much sedation is needed and how you feel afterwards.

### **Q: I accidentally took ibuprofen or aspirin for pain, will my procedure need to be rescheduled?**

A: If one dose was taken, you may still have your procedure. If more than one dose was taken, you will need to call the office of the physician scheduled to perform the colonoscopy.

### **Q: I am diabetic. What should I do about my diabetic medication?**

A: Call the physician that manages your diabetes and tell them of your prep. That physician should determine how to change your diabetic medication.