

PROCEDURE LOCATION: Woodburn Endoscopy Center 3301 Woodburn Road Suite, 109
Annandale, Virginia Phone: (703)752-2557

APPOINTMENT DATE: _____

ARRIVAL TIME: _____ 30 minutes before your procedure.

PROCEDURE TIME: _____ a.m. / p.m. (discharge is about an hour later)

Please notify the office if you have an Internal Defibrillator or Cardiac Stent

Colonoscopy Instructions with Magnesium Citrate

Things to purchase: (These are over the counter no prescription needed)

1. Two 10 oz bottles of Magnesium Citrate – do not buy the red bottle.
2. One small box of Dulcolax 5 mg. (bisacodyl)

1. **DISCONTINUE 7 days in advance of your procedure:** all aspirin, ibuprofen or Advil type products, blood thinners (Coumadin, Plavix, Aggrenox, Ticlid, Persantine.) If you take any of these medications for cardiac reasons, check with your regular doctor before stopping them. Tylenol is OK to use as needed. Your other necessary medications are OK to take.

2. **USE ONLY A CLEAR LIQUID DIET** for one full day before the colonoscopy day beginning first thing in the morning, no exceptions. Be sure to drink plenty to stay hydrated. You will not return to your regular diet with food until after your colonoscopy.

3. **At 2:00 p.m. THE AFTERNOON BEFORE** your colonoscopy day, take 4 Dulcolax tablets with an 8 oz glass of any clear liquid. Continue on your clear liquids. You may experience mild bloating or cramping. This is a laxative and should begin to work in approximately 3-6 hours. Do not worry if it doesn't.

4. **At 5:00 p.m. THE AFTERNOON BEFORE** the colonoscopy day, drink one full bottle of Magnesium Citrate followed by 8 ounces of water or clear liquid. Continue on your clear liquid diet. This also is a laxative, be prepared to be very close to a bathroom.

5. **THE MORNING OF YOUR COLONOSCOPY**, drink one full bottle of Magnesium Citrate again followed by 8 ounces water or clear liquid just as you did the day before. Necessary medications early in the morning are OK.

- If your arrival time is at or before 7:00 a.m., drink the Magnesium Citrate at 4:00 a.m.
- If your arrival time is after 7:00 a.m., drink the Magnesium Citrate at 5:00 a.m.
- Continue drinking clear liquids up to 4 hours prior to your procedure time then nothing further by mouth.

Please have a responsible adult to drive you home after your procedure or you may take a cab only if accompanied by an adult. You are not to drive for the rest of the day after your procedure.

Be certain you have provided all current insurance information and necessary referrals to our office at least two weeks prior to your procedure date. (Referrals apply only to HMO and Managed Care plans.)

To cancel or reschedule give 5 business days advance notice to avoid a charge

CLEAR LIQUID DIET

It is important to adhere to the clear liquid diet to assure a clean colon for the best exam possible. Clear liquids are required the ENTIRE DAY prior to your procedure regardless of the procedure time. Entire day includes breakfast, lunch, dinner, snack time and anytime before, during, after, morning, noon, night. No solid food. Sugar and sweeteners are OK to use. Be sure to stay hydrated by drinking plenty. Gatorade type beverages will help with electrolytes and hydration.

Water

Clear broth-any flavor

(Swanson canned broth is very good)

Bouillon (any flavor)

Coffee, Teas

Juices

(Apple, white cranberry, white grape, peach)

Gatorade and Propel drinks

Italian Ice

Soda (diet or regular)

Jell-O

Popsicles

No Dairy - No Red Anything - No Pulp juices

**PLEASE TRY TO AVOID NUTS, SEEDS, CORN AND
POPCORN ABOUT A WEEK IN ADVANCE. THEY
SOMETIMES LINGER IN YOUR COLON. THANKS!**

If desired one white wine or clear alcoholic beverage on your preparation day is OK.

PLEASE NOTE: Some preparation instructions require two or three full days on a clear liquid diet. (Your instructions will indicate this)

Your usual medications are OK to take on your preparation day(s) with the exception of those noted on your instructions. Diabetics - check with your regular doctor about blood sugar medications while on clear liquids and no food (doses may be stopped or changed.) The day of your procedure, do take blood pressure and heart medications with a small amount of water as early in the morning as possible. Other medications may be taken when you get home or as instructed after your procedure.

You may continue clear liquids through the night stopping 4 hours prior to your procedure time, then nothing further by mouth.