

COLONOSCOPY PREPARATION

With Magnesium Citrate

◆ 1 DAY PRIOR TO PROCEDURE

CLEAR LIQUID DIET- IF YOU CAN SEE THROUGH IT, IT IS A CLEAR LIQUID. A LITTLE MILK IN COFFEE/TEA IS OK. HARD CANDY, NON-RED JELLO OR POPSICLES ARE OK.

Times are not exact- just used for example. Keep at least a couple hours in between each bottle to avoid nausea or excess bloating.

1:00 pm-Bottle #1 mag citrate
3:00 pm- Two Dulcolax tablets and Bottle #2 mag citrate
6:00 pm-Bottle #3 mag citrate

FOLLOW EACH BOTTLE WITH LOTS OF LIQUIDS. An hour or two before bed-Two Dulcolax tablets
You need to buy at the pharmacy three bottles of magnesium citrate and 6 Dulcolax tablets.

◆ DAY OF THE PROCEDURE:

8:00 am-Two more Dulcolax tablets only if your procedure is scheduled for 11:00am or later.

You may continue to have ONLY clear liquids to drink from 8pm up until the test. Coffee and tea (black) are fine.

FREQUENTLY ASKED QUESTIONS

1. Is cherry flavored mag citrate ok?- YES

2. Can I take my meds as usual? YES with water sips. Insulin and diabetes meds follow sick day rules and take half. Ask about blood thinners.

3. I have my period, can I still have my procedure?- YES it won't affect anything

4. What if I feel bloated and / or nauseous? If you feel nauseous during the preparation stop drinking for 1-2 hours and take the evening Dulcolax early. If you can't finish the prep pick up 1 bottle of Mag Citrate and drink this followed by four 8 oz glasses of water.

5. Dulcolax- the one with laxative or without?- Doesn't matter

REMEMBER:

- ◆ You must take all your medications (or bring them with you) **EXCEPT** diabetic medications— take HALF your scheduled insulin dosage. Oral medications can be taken with a sip of water. Notify us if you have an Insulin or Narcotic pump.



You will need to arrange for a ride home. You will be ready to go home approximately 2-4 hours after you are dropped off. You CANNOT drive yourself home. If you use a cab SOMEONE MUST ACCOMPANY YOU. Someone should stay with you when you get home.

Please report to **Central Massachusetts Ambulatory Endoscopy Center** - located in the middle office of the Center For Digestive Wellness, right next to this office, behind the big palm tree, at 105 Erdman Way Leominster, MA.

Call this office 978-537-7552 or the Surgery Center 978-840-6767 with any questions.

COLONOSCOPY WITH BIOPSY

Colonoscopy is the examination of the lining of the large intestine (colon) with a flexible rubber tube with a light on the end of it. Often your physician will give you medication to make you drowsy. Then the tube is inserted into your rectum allowing your physician to advance the tube along your large intestine. If any abnormality is seen, a small portion of tissue (biopsy) may be removed for microscopic study. During the course of this examination, a polyp may be found and require the use of a wire loop and electric current (cautery) to remove the polyp.

A biopsy is the removal and examination of tissue from the GI tract to establish a precise diagnosis. This procedure is performed with a small cutting instrument inserted through the colonoscope. It is usually completely painless, but may produce some bleeding.

The following rare complications may occur and include:

- ◆ Unexpected allergic reaction to the medication.
- ◆ Perforation which may require surgery.
- ◆ Bleeding which may require transfusions.

THE PROCEDURE TAKES LESS THAN ONE HOUR. YOU WILL BE SEDATED AND COMFORTABLY ASLEEP AND PROBABLY NOT REMEMBER THE PROCEDURE.

You need to buy at the pharmacy four Dulcolax tablets, with or without laxative.

DATE OF PROCEDURE:

TIME TO REPORT FOR YOUR PROCEDURE:

COLONOSCOPY

With Magnesium Citrate prep

**READ THIS
BROCHURE!**

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