



Colonoscopy Citrate of Magnesia Preparation

PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY

Colonoscopy Preparation:

A high-quality colonoscopy requires a well cleaned colon. You will have to take a medicine that will make you have a lot of diarrhea. Please follow the instructions carefully and exactly as they are written so your colon is well cleaned, and you do not get dehydrated. Sometimes, even if you do everything right, your colon might not be clean enough, and the doctor might have to reschedule the procedure. Your doctor will give you advice that is best for your digestive system.

Citrate of Magnesia Preparation: (Not for people on dialysis or with Renal Failure) Purchase at the drug store 4 Dulcolax (Bisacodyl) 5 mg tablets, two (10 ounce) bottles of non-red Citrate of Magnesia (NOT milk of magnesia) and will ask that you purchase 2 over-the-counter GasEx pills (simethicone), each pill is 125 mg. Refrigerate Citrate of Magnesia. Also purchase medicated disposable hemorrhoid wipes to use instead of toilet paper.

The day before the procedure:

You may eat a small low residue breakfast, such as eggs and white toast. It must be completed by 9 am. ***Avoid any seeds, nuts, raisins, fruit and dairy products*** No more solid food. The remainder of the day you may have any clear liquids such as water, juices, tea, coffee, soda, non-red sports drinks, and non-red Jell-O. Do not consume anything red or purple colored.

Avoid illicit substances 24 hours prior to the procedure and no alcohol or marijuana products for 12 hours prior. All patients will be assessed for signs of impairment on the day of the procedure and if there is any concern, the procedure will be cancelled.

At 6 PM the night before the procedure:

Step 1: Take 2 Dulcolax (Bisacodyl) 5 mg tablets with plenty of water. Swallow them whole, and do not chew them.

At 7 PM the night before the procedure:

Step 2: Drink one full bottle of cold Citrate of Magnesia as quickly as you can, followed by at least 4 (8 ounce) glasses of any clear liquid during the evening hours.

Clear liquids include water, tea, soda, apple juice, white grape juice, broth, and non-red sports drinks.

The time to onset of action of the first dose of laxatives is very variable. It may not start for hours.

On the day of the procedure:

Starting 5 hours before the procedure, take 2 Dulcolax (Bisacodyl) pills with water, together with another cold bottle of Citrate of Magnesia. Then drink another 4 (8 oz) glasses of clear liquids. Take 2 pills of GasEx (simethicone), each pill is 125 mg after your second dose of Citrate of Magnesia prep. One cup of black coffee is allowed.

You must stop drinking 3 hours before the procedure. If you have anything by mouth, including gum, in the three hours before the procedure, the procedure may be rescheduled.

If you take heart or blood pressure medications, take your pills three hours before the procedure with water (unless advised differently by your doctor).

Note: Please leave all jewelry and valuables at home. Optum Medical is not responsible for the loss of any patient's property. Do not wear contact lenses.