

COLONOSCOPY INSTRUCTIONS-SPLIT DOSE

Your doctor has requested that you have an appointment for a colonoscopy. For the doctor to be able to make a good diagnosis, it is important that your colon is completely clean. To get your colon clean, you will need to take a preparation. If you are immobile and need assistance walking, or if you weigh more than 300 pounds, please let the doctor's office know so that we can make special preparations. **IF YOU HAVE AN AUTOMATIC INTERNAL DEFIBRILLATOR, CALL US!!!**

PROCEDURE INSTRUCTIONS –MAGNESIUM CITRATE PREP ONE DAY BEFORE THE PROCEDURE

1. **STOP ALL FOOD** The day before your exam, from the moment you get up in the morning! You will be on a **CLEAR LIQUID DIET** the entire day. You may have all the clear liquids you like. Anything clear such as, water, 7-Up or Ginger Ale or fruit juices (apple, white grape) jello, coffee (no creamer), tea, Gatorade. Please **NO RED OR PURPLE JELLO OR JUICES, NO MILK PRODUCTS!**
2. **At 12:00 pm** Drink one 10oz bottle of MAGNESIUM CITRATE. Continue clear liquids.
3. **At 6:00 pm** Drink one 10oz bottle of MAGNESIUM CITRATE. Continue clear liquids.
4. **At 10:00 pm** Take **2 DULCOLAX (5MG) tablets** with a glass of water.
5. **CONTINUE DRINKING CLEAR LIQUIDS**, the more fluids you can drink, the better the preparation will work, and you will also be less dehydrated.

MEDICATION INSTRUCTIONS

1. **You will need to STOP** blood thinners such as COUMADIN and Plavix **5(five) DAYS** before the exam. Please check with your primary doctor before stopping your blood thinners.
2. If you are diabetic, **DO NOT TAKE** your diabetes medication the morning of your exam. You may want to bring some of your regular diabetes medications with you, in case you need to take it soon after your procedure. The day before the procedure check your finger stick. If it's low, do not take your diabetic medication.
3. **PLEASE TAKE ALL** of your other regular medications (except those listed above) the day before the procedure.

THE DAY OF THE PROCEDURE

1. **NOTHING BY MOUTH EXCEPT FOR YOUR REGULAR MEDICATION INCLUDING BLOOD PRESSURE MEDICATION WITH A SIP OF WATER.**
2. Do not take diabetes medicines, aspirin products and blood thinners, but bring your diabetes medications with you. They may all be resumed immediately following the procedure unless otherwise noted in your discharge instructions.
3. Because of the medication given to you for the procedure, you **WILL NOT** be permitted to drive for 12 hours afterward. You must have a responsible adult accompany you upon discharge from the facility. **NO BUSES, NO TAXIS** alone.

Please bring all your **current insurance information** with you **including your MEDICAL CARD**. **Failure to do so could result in your procedure being cancelled.** If you are paying cash, please make arrangements. If you have any questions feel free to call the office at (909) 796-0363. On the morning of the procedure please call the surgery center directly at (909) 796-7803 ext. 2

SIGNATURE _____ DATE _____

DAY _____ TIME _____