

Preparation for Gastroscopy and Colonoscopy

Magnesium Citrate and Dulcolax

PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.

A clean bowel is essential for the success and safety of your colonoscopy. Your appointment will be cancelled if the following instructions are not followed and proper bowel preparation is less than adequate.

IMPORTANT DIETARY AND MEDICATION RESTRICTIONS

- If you are diabetic, you must speak with **your family physician** (or the physician who prescribed your diabetes medication) about using insulin or pills for your diabetes on the day of your procedure.
- If you are taking Aspirin, arthritis medications, Metamucil or iron, speak with the physician who prescribed these medications about whether or not you need to stop them at least one week before your procedure.
- If you take warfarin (Coumadin), low molecular weight heparin (e.g. Fragmin, Lovenox) or Plavix, discuss with your prescribing specialist or family doctor if these medications can be safely stopped one week prior to your examination.
- Eat no seeds, grapes, corn, peas, tomatoes or cucumbers for 3 days prior to the test.

TWO DAYS PRIOR TO THE PROCEDURE

1. Have clear fluids only. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
2. At 4:00 p.m., take one 10 ounce bottle of Magnesium Citrate (cold is more tasty). Magnesium Citrate is available at your pharmacy without a prescription.
3. One hour after taking the Magnesium Citrate, drink one eight ounce glass of clear fluid every hour for four hours. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
4. At 8:00 p.m., take three (3) bisacodyl (Dulcolax) tablets. Bisacodyl tablets are available at your pharmacy without a prescription.

ONE DAY PRIOR TO THE PROCEDURE

1. Have clear fluids only. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
2. At 4:00 p.m., drink one 10 ounce bottle of Magnesium Citrate (cold is more tasty). Magnesium Citrate is available at your pharmacy without a prescription.
3. One hour after taking the Magnesium Citrate, drink one eight ounce glass of clear fluid every hour for four hours. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
4. At 8:00 p.m., take three (3) bisacodyl (Dulcolax) tablets. Bisacodyl tablets are available at your pharmacy without a prescription.

THE DAY OF THE PROCEDURE

1. Take your medications with a sip of water,
2. If your appointment is in the morning, have nothing to eat or drink.
If your appointment is at noon or later, have clear fluids only up to 4 hours prior to your procedure.
3. You may be given an enema when you arrive.