

## Preparation for Gastroscopy and Sigmoidoscopy

### Magnesium Citrate or Dulcolax

#### IMPORTANT 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.

#### THE EVENING BEFORE THE PROCEDURE (choose only one preparation: Magnesium Citrate OR Dulcolax)

##### CHOICE #A – Magnesium Citrate solution

1. From 4:00 p.m. to 6:00 p.m., drink one bottle of Magnesium Citrate. Magnesium Citrate is available at your pharmacy without a prescription.
2. Do not eat or drink anything (including water) after 11:00 PM the night before the procedure.

##### CHOICE #B – Dulcolax tablets

1. Take three (3) bisacodyl (Dulcolax) tablets in the evening. Dulcolax is available at your pharmacy without a prescription.
2. Do not eat or drink anything (including water) after 11:00 PM the night before the procedure.

#### THE DAY OF THE PROCEDURE

1. You must take your regular medications with a sip of water.
2. If you are taking **antacids, stop them the day of your examination.**
3. Give yourself a fleet enema prior to arrival in hospital. Fleet enema is available at your pharmacy without a prescription.