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## Getting ready for your Colonoscopy

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_ Procedure time: \_\_\_\_\_

Location: \_\_\_\_\_

Please read through instructions at least one week before your procedure.

If you have any questions, please call **401-274-4800**.

Make sure you have **someone to drive you home** from the colonoscopy. You will not be able to drive for 24 hours. You **can not take public transportation** (no bus, taxi, Uber, etc) unless a responsible adult is with you and accompanies you.

**If you are unable to keep your appointment, we request that you call at least 3 business days before your procedure is scheduled, so that we can offer that time to another patient. We reserve the right to charge a penalty fee for patients who “no show” or cancel without adequate notice.**



# SD Magnesium Citrate Bowel Preparation Instructions

Adequate colon cleansing is an essential component of your colonoscopy procedure.

**Please notify our office if you have any of the following conditions:** Kidney disease, heart disease, diabetes, problems with bleeding/ clotting or if you take blood thinning medications including: coumadin/warfarin, Plavix/clopidogrel, Eliquis/apixaban, Pradaxa/dabigatran, Brillinta/ticagrelor, Pletal/cilostazol or Xarelto/rivoroxaban. Or if you take Semaglutide medications such as: Ozempic, Wegovy, Mounjaro.

## **Purchase the following medications for your bowel prep:**

-**Two (2)** 10 ounce bottles of **Magnesium Citrate** (NOT red colored)

-**Two (2)** 125mg Gas-X (**Simethicone**) tablets

-**Two (2)** 5mg Dulcolax (**Bisacodyl**) tablets

## **Five (5) Days Before Your Colonoscopy**

**Stop** eating foods which contain seeds, corn or nuts. **Eat a LOW fiber diet**

**Stop** taking Iron supplements or vitamins containing iron starting today and leading up to the colonoscopy.

If you normally take anti-diarrhea medications (Imodium or pepto-bismol for example), please **stop them two days before your procedure.**

## **The Day Before the Colonoscopy**

You may eat a **low fiber** breakfast and lunch (white bread with butter, eggs, cheese, yogurt, milk or white rice).

**After 2pm, No solid foods.**

**Clear liquids only for the rest of the day.** It is important to drink plenty of fluids throughout the day so the laxative is effective and so you don't become dehydrated. **Drink an 8 oz glass of clear liquid every hour.**

**Clear liquids include** water, coffee, tea, clear broth, juices without pulp (no orange juice), soda, Gatorade, Powerade, or jello.

**DO NOT drink red colored liquids. DO NOT drink alcohol.**

## **On the Day of the Colonoscopy**

-**At \_\_\_\_\_ am:** Take two Dulcolax (bisacodyl) tablets along with an 8 oz glass of water or clear liquid.

-**At \_\_\_\_\_ am:** Drink one 10 oz bottle of Magnesium Citrate and take one Gas-X (simethicone) tablet along with an 8 oz glass of clear liquid.

-**At \_\_\_\_\_ am:** Drink one 10 oz bottle of Magnesium Citrate and take one Gas-X (simethicone) tablet along with an 8 oz glass of clear liquid.

- **NO solid foods. No dairy.** You may have **CLEAR LIQUIDS ONLY** (Water, black coffee/tea, Apple Juice) **UNTIL 3 HOURS BEFORE YOUR PROCEDURE:\_\_\_\_\_.** (Along with all regular medications unless otherwise instructed.)

**NOTHING ELSE BY MOUTH.**



## Helpful Hints

- Use the “good” toilet paper or baby wipes during the prep. To help protect your skin during the preparation you can use A&D ointment, Desitin, Balmex or Vaseline. Use it every trip after the bathroom to help prevent your skin from becoming sore.
- Stay well hydrated. You can lose a lot of fluids during the prep. Drink at least as much as the directions instruct you to do.
- The end result of the cleansing needs to be liquid. Most often it is yellow in color and not crystal clear. There may be small flecks of sediment.
- If you normally drink coffee, it is OK to have a cup during your prep.
- If you get a headache, it is OK to take something during the prep.
- Try sucking on a lemon or lime wedge after each drink of bowel prep
- Chill the bowel prep in the refrigerator
- Drinking the prep through a straw may blunt the taste
- It may take a while before the first dose of the prep starts to work. You may have urgency so stay near a bathroom. This is not the time to go out shopping !
- Wear loose fitting, comfortable clothing to the procedure.

