

Digestive HealthCare Center, PA

Colonoscopy Preparation/Magnesium Citrate- SAME DAY

Procedure scheduled for _____ ARRIVE at _____ AM/PM

Dr. _____ at () Central Jersey Ambulatory Surgical Center/1st floor

At () Robert Wood Johnson University Hospital/Somerville

Before you begin: Buy two 10 ounce bottles of **MAGNESIUM CITRATE (NO RED)** and 4 Dulcolax tablets over the counter at the pharmacy.

Your doctor will let you know if you have to hold any medications. These may include: Plavix, Coumadin, Aspirin, Percodan and Alka-Seltzer.

DAY BEFORE PROCEDURE

You will begin and remain on a clear liquid diet (**NO SOLID FOOD**) or anything **RED** in color. **DO NOT** have any dairy products or juices with pulp. Drink abundant fluids to avoid dehydration and to help flush the colon.

*** Your total fluids in-take should be at least 200 oz.

Examples of Clear liquids: Gatorade (**NO RED**), Ginger Ale, Seltzer, 7- UP, Apple Juice (clear), White grape juice, Coffee/ Tea (without milk), Iced tea, Clear Broth, Jell-O, popsicles or Italian ice (**NO RED**).

NO ALCOHOL

5PM take 4 dulcolax (**LAXATIVE**) tablets with an 8 oz. glass of water. Then take the 1st bottle of magnesium citrate. **Continue with clear liquids** to help flush out the colon.

8PM take 2nd bottle of magnesium citrate. **Continue with clear liquids.**

DAY OF PROCEDURE

Continue clear liquids until 4 hours before your procedure. You must STOP ALL LIQUIDS, including water, gum, candy, mints and cough drops.

*** Please leave all jewelry at home (including belly ring & tongue piercing). Any questions call 908-218-9222.

*** **NOTE---** Failure to take the preparation as indicated may result in poorly cleansed colon and possible cancellation of the procedure.

There will be a \$100 charge for
each day procedure is done
48 hours notice is given