

COLON RECTAL SURGICAL ASSOCIATES, LLC

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Low Sodium (Mag Citrate) BOWEL PREP FOR COLONOSCOPY

Your colonoscopy will be performed at _____
on _____ at _____ am. Please **arrive ONE HOUR BEFORE** your
procedure is scheduled for registration and preparation. The facility may ask you to pay a co-pay or
deductible at that time.

**Your efforts at cleansing your colon are essential for an accurate procedure. These instructions are
designed to maximize the ease, safety, and success of your preparation. Failure to take the prep as
indicated may result in a poorly cleansed colon and the cancellation of the procedure.**

You will need to purchase:

___ (1) 10 oz bottle of Magnesium Citrate

___ (1) pkg of 4 Bisacoyl (Ducolax) tablets

Medications (unless otherwise advised by your doctor):

- **STOP** 2 weeks prior to your procedure
 - **Phenteramine** and **All Herbal Supplements/Teas** (Black Cohash, Echineasa, Ephedra, Fererfew, Garlic, Ginkgo Biloba, Ginseng, GBL/BD/GHB, Goldenseal, Hoodia, Kava, Licorice, Saw Palmetto, St John's Wort, Valerian)
- **STOP** 10 days prior to your procedure
 - **Aspirin** or aspirin-containing medicines
 - **Plavix**
 - **Fish Oil** and **Vitamin E**
- **STOP** 5 days prior to the procedure
 - **Coumadin/Warfarin**
- **STOP** 2 days prior to the procedure
 - **NSAIDS (Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Celebrex)**
- If you take heart or blood pressure medications, please take them the morning of your procedure with a small sip of water.
- Discuss changes in your **Insulin** dosage with your Primary Care provider
- Tylenol is safe to use as a pain reliever
- Continue all other medications. You may brush your teeth.
- A&D Ointment or Desitan along with Cottonelle moist flushable wipes are recommended for anal irritation.

Please call the office (410.730.1712) if you have any questions concerning these instructions.

DAY BEFORE YOUR COLONOSCOPY:

You may have a light breakfast before 10:30 am, then **drink only CLEAR LIQUIDS for lunch and dinner.** These include: coffee, tea, hard candy, water, carbonated beverages, apple juice, white grape juice or white cranberry juice, Gatorade, soft drinks, Jell-O (no fruit added), icy popsicles and clear broth. Do not drink alcohol, dairy products (including non-dairy creamer) or any liquid with red or purple food coloring. It is important that you drink as much clear liquid as you can throughout the day to avoid dehydration due to the multiple bowel movements.

Drink an 8 oz glass of Water or Clear Liquid beverage at:

- 1:00 pm 2:00 pm 3:00 pm 4:00 pm

- 5:30 pm **Drink the 10 oz bottle of Magnesium Citrate**

Drink an 8 oz glass of Water or Clear Liquid beverage at:

- 6:00 pm and 7:00 pm

- At 7:30 pm:** Peel the backing off the packet of **Bisacodyl (Ducolax) tablets** and remove the 4 enclosed tablets. Take all 4 tablets with one 8 oz glass of Water or Clear Liquid beverage. This will usually produce a bowel movement in 6-12 hours,

- 8:00 pm and 9:00 pm: **Drink an 8 oz glass of Water or Clear Liquid beverage.**

DAY OF YOUR COLONOSCOPY:

CLEAR LIQUIDS are allowed until 2 hours before your colonoscopy.

IMPORTANT:

- **ABSOLUTELY NO FOOD OR LIQUIDS OF ANY TYPE WITHIN 2 HOURS OF YOUR COLONOSCOPY OR IT WILL BE CANCELLED.**
- **Arrive at the facility ONE HOUR BEFORE your procedure is scheduled.**
- Make sure that you have your health insurance cards with you and a list of any medications which you are taking, including the dosage. Be prepared to answer questions about your medical history.
- **YOU CANNOT DRIVE YOURSELF HOME** following the procedure. Please arrange for a responsible adult to drive you home. You will not be able to take a cab or bus ride home.