

Ridge Medical Associates, LLC

2209 North Blvd. Suite A, Davenport, FL 33837

COLONOSCOPY/POLYPECTOMY PREPARATION INSTRUCTIONS

Magnesium Citrate Prep

There will be a \$50 charge for procedures cancelled with less than 24 hour notice and for no-shows

ONE WEEK BEFORE THE PROCEDURE

1. If you are on Blood Thinning medication(s), it will need to be stopped prior to the procedure:
Coumadin (warfarin), Plavix (clopidogrel), or Ticlid (ticlopidine): stop taking medication 5 days before the procedure.
Pradaxa, Xarelto, Eliquis: Stop taking medication 3 days before procedure
Aspirin: Stop taking medication 7 days before procedure
2. Do not use Advil Motrin, or any other anti-inflammatory or aspirin-like products except for Acetaminophen (Tylenol).
3. Stop all Iron medications and stool bulking agents such as bran, Metamucil and Citrucel
4. Make sure you buy **3 bottles of 10 oz. Magnesium Citrate**, three (32 oz. each) bottles of clear (“ice”) or yellow Gatorade. Also purchase Dulcolax (Bisacodyl 5 mg); you will need 6 tablets.

THE DAY BEFORE THE PROCEDURE:

1. You may have a light breakfast. After breakfast, your diet the rest of the day will consist of only clear liquids. (Water, apple juice, colored soda, black coffee, black tea, soup broth/bouillon, Popsicles, jello, etc.) Do not eat solid foods, dairy products and any red colored liquids.
2. **If you take diabetes pills, do not take those pills on the day before the procedure. If you are on Insulin, take half your usual morning dose and do not take any more insulin rest of the day.**
3. **At 6:00 PM**, take 4 tablets of Dulcolax (bisacodyl) 5mg each, **one bottle of 10 oz of Magnesium Citrate**, and start drinking the Gatorade, taking 1 glass (8oz) every 10 minutes until you finish 1 of the bottles of 32 oz. Gatorade (4 glasses). Keep the Gatorade very cold to decrease nausea, and drink it fast, to improve effectiveness of bowel cleansing. **If you have diabetes**, dilute the Gatorade with 50% water to make a 32 oz bottle. Keep drinking plenty of fluids until bedtime to prevent dehydration and weakness.
4. **At 8:00 PM**, take the second 10 oz. bottle of Magnesium Citrate, and start drinking the second bottle of Gatorade (diluted as noted above, if you have diabetes), taking 1 glass (8oz) every 10 minutes until you finish 1 of the bottles of 32 oz. Gatorade (4 glasses). Keep the Gatorade very cold to decrease nausea, and drink it fast, to improve effectiveness of bowel cleansing. Keep drinking plenty of fluids until bedtime to prevent dehydration and weakness.

If you have any concerns, please telephone and speak with the physician on call before stopping the bowel preparation

COLONOSCOPY/POLYPECTOMY PREPARATION INSTRUCTIONS (cont'd)

Magnesium Citrate Prep

THE DAY OF THE PROCEDURE:

1. **Four (4) to Five (5) hours before leaving home to come to the office**, take 2 tablets of Dulcolax (bisacodyl) 5 mg each, drink the third **10 oz bottle of Magnesium Citrate**, and the third bottle (32oz) of Gatorade (diluted as noted above if you have diabetes), 1 glass every 10 minutes (total of 4 glasses).
2. **TAKE YOUR MORNING MEDICATIONS EXCEPT YOUR DIABETES MEDICATIONS, WITH A SMALL AMOUNT OF WATER. DO NOT TAKE DIABETES MEDICATIONS.** Please call with any questions or concerns about medications.

DO NOT DRINK ANYTHING FOR AT LEAST 4 HOURS BEFORE THE PROCEDURE

3. You will receive intravenous medications during the procedure for your comfort.

BRING SOMEONE WHO CAN DRIVE YOU HOME. Do not drive or undertake potentially dangerous tasks for the remainder of the day.

4. Do not wear nail polish, lotions, powders or perfumes. Wear a short-sleeved shirt

Please call our office with any questions or concerns about your procedure, at **(863) 679-8000**

After 5 PM, call Lake Wales Hospital at **(863) 676-1433** and ask for Dr Nihalani to be paged