



For a successful exam - We Need your help!! Please follow all instructions.

Transportation	You MUST arrange a ride. No ride = Reschedule procedure
Pregnancy	If you ARE or MAY be pregnant – STOP! Discuss this with your doctor before scheduling
Medications	Bring all medications. Blood thinners = Alert (may have to be stopped)
REPORT	New symptoms: Chest pain, Stroke, Heart attack, Emergency /Quick Care visits

PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY:

- Four (4) Dulcolax laxative tablets containing 5 mg of bisacodyl (NOT Dulcolax stool softener)
- Two (2) 10 fl oz bottle(s) of *Magnesium Citrate* (lemon or regular- NOT red)



7 Days Before Procedure: Medication

1. May or may not have to stop aspirin or Ibuprofen(Advil, Motrin) – check with your physician.
2. You need specific instructions if you take **blood thinners** [Coumadin (warfarin), Pradaxa (dabigatran), Persantine (dipyridamole), Plavix (clopidogre), Eliquis (apixaban), Xarelto (rivaroxaban), Aggrenox (aspirin/extended-release dipyridamole), Pletal (Cilostazol), Effient(prasugrel)]. These may need to be stopped 4-7 days before procedure.



4 Days before Procedure: Diet

1. Start **Low roughage** diet: *Allowed:* soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, all liquids. *Avoid:* Whole grain bread, fruit, & vegetables. Stop all nuts and seeds.
2. Stop any added fiber such as metamucil. **AVOID** foods with red dye such as red jello.



1 Day before Procedure: Diet & Bowel Preparation

1. **Clear liquids** – the whole day. You are allowed clear liquids until 4 hours prior to your procedure. Nothing by mouth 4 hours prior to procedure. *Allowed:* Clear liquid diet is liquid food that you can see through. Includes water, fruit juices, jello, clear broth or bouillon, clear fluids (Sprite, sports drinks, etc), popsicles, etc. Please consume plenty of clear liquids! A colonoscopy prep can cause dehydration and loss of electrolytes if you do not! **NO TO:** All solid foods, milk and milk products, and any item with red dye. Limit coffee and tea as they can dehydrate you.
2. **At 5 pm**, take 2 Dulcolax tablets orally.
3. **At 7 pm**, drink 10 oz. of *Magnesium Citrate* in divided doses until complete. Most prefer this cold or over ice. **INCREASE CLEAR FLUID INTAKE.**



Day of Procedure

IMPORTANT: DO NOT DRINK ANY FLUIDS FOR 4 HOURS BEFORE YOUR APPOINTMENT TIME

1. You may take all of your morning medications as usual with 4 oz. of water up to 4 hours before your procedure
2. **At 6 am**, drink the second dose of 10 oz. of *Magnesium Citrate* in divided doses until complete. **PUSH FLUIDS.**
3. **At 7 am**, take 2 Dulcolax tablets orally.
4. Nothing by mouth 4 hr before procedure. **Procedure = Rescheduled if you eat or drink within 4hr of procedure**

Tips:

- Chilling the prep-liquid and using a straw may help.
- It is common to experience sudden diarrhea, with abdominal cramps and nausea (may last for 2-4 hours, sometimes longer). If this occurs, give yourself a 30-min break. Once better, continue with the bowel prep.
- Anal irritation can be avoided with use of over the counter hydrocortisone creams, Tucks pads, and baby wipes. Apply some Vaseline or Desitin to the anal area prior to beginning the prep and reapply as needed.