

COLONOSCOPY ALTERNATIVE PREP (Citrates of Magnesia)

Please read all instructions at least **7 days** before your procedure.

Do not exceed the recommended dosage, as serious side effects may occur.

CHECK WITH YOUR INSURANCE COMPANY: Ensure we are a participating provider, that your procedure is covered, and what your out of pocket cost will be. You may be required to get pre-certification and/or pre-authorization. Be sure to ask about any fees charged by the facility and anesthesiologist. Procedure code range is CPT 45378 through 45385, G0105 and G0121.

NO DRIVING: You cannot drive, use a taxi, or a bus after the procedure. You must be accompanied by an adult during your entire stay. If you fail to do so, the medical facility may cancel your appointment. If unable to care for yourself, you may need someone to assist you for 24 hours after the procedure.

PURCHASE AT THE PHARMACY: the following over the counter medications: One (1) 10oz Citrate of Magnesia, Four (4) Dulcolax tablets & Two (2) Fleet Enemas.

5 DAYS BEFORE THE PROCEDURE:

1. Stop taking all aspirin, ibuprofen and other arthritis medications, Glucosamine, fish oil, as well as multi-vitamins and iron.
2. Stop taking blood thinners (Coumadin, Plavix, etc.)
3. You may take Tylenol, Celebrex, Ultram and Methotrexate.

ONE DAY BEFORE THE PROCEDURE:

1. On this day, you may have breakfast before 8:00 a.m. Start clear liquid diet which includes black coffee or tea, clear fruit juices (apple or white grape), broth or bouillon, Jello, Popsicles and pop that do not contain red coloring.
2. Drink one 10 oz bottle of Citrate of Magnesia in the morning.
3. Take 4 Dulcolax tablets in the afternoon.
4. Use Fleet enema the evening before the procedure.
5. Continue drinking clear fluids until bedtime.
6. **If diabetic, take half your insulin dose the night before.**

DAY OF PROCEDURE:

1. Nothing to eat or drink 8 hours prior to procedure.
2. Use Fleet enema the morning of the procedure.
3. You may take your regular medications with a sip of water, at least 3 hours before test, unless otherwise instructed by your physician.
4. Please leave all jewelry and valuables at home.

YOU CANNOT DRIVE FOR 12 HOURS AFTER THIS PROCEDURE

Please provide 72 business hours' notice to avoid a late cancellation fee of \$75.