

How to Prepare For Your Colonoscopy



MAGNESIUM CITRATE / MIRALAX /
MAGNESIUM CITRATE
PREP INSTRUCTIONS

Congratulations

You are having a colonoscopy. Why is this worth celebrating? Colon cancer is the second deadliest cancer in America. In part because it is often silent; by the time people experience symptoms, the disease is so advanced it is difficult to treat.

Here's the surprising part. Colon cancer is the only kind doctors believe they can "cure." That is a word we don't usually use with cancer. But it is true. If a doctor spots and removes polyps in your colon before they turn cancerous, we can stop the disease in its tracks and prevent you from getting cancer.

Take this appointment seriously. It could save your life. The time you invest in preparing for your colonoscopy may help give you many more years of enjoyment with family and friends.

We believe this one test can help us become the healthiest community in the nation by the year 2020. How? It has the power to reduce the number of people who die from this preventable disease.

Pay careful attention to the steps outlined in this booklet. It is important you follow all the steps. Since some of your preparation needs to begin a week before your test, read this booklet now. Make notes in your calendar so you know when to stop taking certain medications and foods.

Please, call with any questions. We want to make sure you never develop colon cancer.

The Gastroenterology Team
Cheshire Medical Center/Dartmouth-Hitchcock Keene
(603) 354-5454, Ext. 3296

7 days before your colonoscopy

✓ Arrange for a ride home from the hospital.

☐ **NO DRIVING** day of procedure. You will receive intravenous sedation during the procedure. **You can not drive for the remainder of the day.** You may not go home by taxi or bus without **another responsible adult to accompany you.** **YOUR PROCEDURE WILL BE CANCELED IF YOU DO NOT HAVE ANOTHER RESPONSIBLE ADULT TO DRIVE YOU HOME OR ACCOMPANY YOU HOME BY TAXI OR BUS.**

✓ **REVIEW** prep instructions:

Purchase:

- Two (2) – 10 ounce bottles of Magnesium Citrate (any flavor, but no red dye).
- One (1) – 8.3 ounce (238 gram) bottle of Miralax laxative from your local pharmacy. GENERIC substitutes for above meds OKAY to buy.

✓ **REVIEW** Medication list

- CALL 603-354-5454 extension 8579 for:
Instructions on how to take your diabetic medications.
- **Call if you take blood thinners** (i.e. Coumadin, Warfarin, Plavix, Ticlid, Pletal or other prescribed blood thinner) **and have not been given instructions about how to take them before your procedure.** You should have this information at least 7 days before your procedure date.

7 days before your colonoscopy

X Stop taking these medications unless otherwise instructed

Naproxen/Naprosyn/(Aleve)

- X** Ibuprofen (Advil/Motrin)
- X** Orudis
- X** Over the counter arthritis medications
- X** Cold or sinus products that contain any of the above medications

It is okay to take acetaminophen (Tylenol) if you need something for discomfort.

X Stop taking these vitamins and supplements:

- X** Iron pills
- X** Multivitamins
- X** Vitamins A and E
- X** Herbal medicines
- X** Fish oil
- X** Oil based supplements

Continue taking all other medication as prescribed by your physician.

5 days before your colonoscopy

- ✘ Stop taking all erectile enhancement medications or supplements.

3 days before your colonoscopy

- ✘ Stop taking these bulking agents:

- ✘ Metamucil ✘ FiberCon
- ✘ Citrucel ✘ Psyllium

- ✘ Avoid foods containing seeds.



- ✘ Tomatoes ✘ Sesame seeds
- ✘ Corn ✘ Blueberries,
raspberries, strawberries

MAGNESIUM CITRATE / MIRALAX / MAGNESIUM CITRATE PREP INSTRUCTIONS

1 day before your colonoscopy

BREAKFAST – prior to 9AM: No substitutions to menu's below

<u>Easy to prepare or Restaurant</u>	<u>OR</u>	<u>Healthy</u>
2 eggs any style with or without condiments.		1 cup yogurt (no seeds, berries, nuts)
2 slices of white bread or 1 plain bagel with Butter, jelly or cream cheese		1 banana
		Coffee/tea with milk/cream & sweeteners
Coffee/tea with milk/cream & sweeteners		

LUNCH – prior to 1PM:

<u>Easy to prepare or Restaurant</u>	<u>OR</u>	<u>Healthy</u>
1 plain chicken or turkey sandwich on white Bread with condiments only, no lettuce or Tomato		½ chicken breast - baked
		1 cup cottage cheese with a small can or fresh (skinless) peach or pear
	OR	
5 chicken tenders or 10 nuggets with no Condiments		
	OR	
1 cup macaroni and cheese		
	OR	
1 baked potato (no skin) with butter or sour cream		

✓ Prepare for your procedure

- AFTER 1 PM
DRINK ONLY CLEAR LIQUIDS – NO MILK
 see example below

_____ START PREP:






2 PM Drink 1 bottle of Magnesium Citrate




4 PM Mix bottle of MiraLax into 64 ounces clear liquid – drink slowly over 3 hours.

Last drink of the night, 1 HOUR prior to bedtime.

Take your regular evening medications unless on the restricted lists.

Remember: Set your alarm for the time you need to take your Day of Procedure Prep.

Tea and Coffee	Clear Juices	Powdered Lemonade	Water/ Vitamin Water	Carbonated Beverages
	Such as apple or white grape juice 			
NO DAIRY	NO PULP NO RED, ORANGE OR PURPLE	NO PULP	NO RED, ORANGE OR PURPLE	NO DARK COLORED

Sports Drinks	Popsicles	Jell-O	Broths/ Coconut Water	Honey/Sugar
	 WITHOUT MILK OR ADDED FRUIT			
NO RED, ORANGE OR PURPLE	NO RED, ORANGE OR PURPLE	NO RED, ORANGE OR PURPLE		

DAY OF PROCEDURE:

4 to 4½ HOURS prior to procedure @ _____:

- Drink 1 bottle of Magnesium Citrate followed by (3) 10 ounce glasses of clear liquid within a one (1) hour time period.

3 HOURS prior to procedure @ _____:

- You must take your prescribed medications with a sip of water if on:
 - Anti-anxiety, anti-depression or psychiatric meds
 - ASTHMA inhaler (bring with you)
 - Blood pressure – EXCEPT for Diuretics (hydrochlorothiazide, furosemide/Lasix)
 - Cardiac (heart) & beta-blockers
 - Daily Narcotic if on narcotics for pain control
 - Seizure medications

THEN NOTHING ELSE BY MOUTH!

ARRIVE 1 HOUR prior to your procedure:

BRING your Insurance card

BRING any insulin, inhalers or nitroglycerin tablets with you if you take any.

BRING the Data Form (with pages 1 & 2 completed), with you to your appointment.


Please list ALL of your current medications and dosages on the Data Form.

Please do not wear nail polish, perfume/cologne or after shave.

For any questions after hours or on weekends please call 354-5400 and ask the operator for the Gastroenterologist on call.

If you need to cancel or reschedule your colonoscopy please call: 354-5454 ext. 3296.

THANK YOU

 You have been scheduled
for a colonoscopy with

Dr. _____

Date of Procedure: _____

Arrival time: _____ Procedure time: _____

* Please check in at the Central Admitting Office
in the main lobby when you arrive. Use the line
especially designated for same-day procedures.
It is closest to the front doors. Thank you.

? Questions to ask my doctor



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