

## GASTROENTEROLOGY CENTER OF NORTHERN VIRGINIA LTD.

**PROCEDURE LOCATION:** (If unsure of the exact place and time, please verify with the office)

- Virginia Hospital Center Arlington 1635 North George Mason Drive 2<sup>nd</sup> floor - GI out Patient Center, Gold Parking
- Fairfax Hospital 3300 Gallows Road, Falls Church, VA Women's & Children's Center – Blue Entrance
- Woodburn Endoscopy Center 3301 Woodburn Road, Suite 109 Annandale, Virginia

**APPOINTMENT DATE:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_ **PROCEDURE TIME:** \_\_\_\_\_

*Please notify the office if you have an Internal Defibrillator or Cardiac Stent*

### **COLONOSCOPY PREPARATION - MAGNESIUM CITRATE TWO DAY PREP**

**Things to purchase:** 2 (10 oz) bottles of Magnesium Citrate (no red) and one small box of Dulcolax 5 mg (bisacodyl) laxative tablets from your drug store. These are over the counter, no prescription required.

1. Discontinue 5 days in advance of your procedure: all aspirin, ibuprofen or Advil type products, blood thinners (Coumadin, Plavix, Aggrenox, Ticlid, Persantine.). **If you take any of these medications for cardiac reasons, check with your regular doctor or cardiologist before stopping them.** Tylenol may be used as needed. Your other necessary medications are OK to take.
2. Use a clear liquid diet for TWO FULL DAYS before the colonoscopy beginning first thing in the morning, the entire day. Do drink plenty to stay hydrated. You will not return to your regular diet with food until after your colonoscopy.
3. At 2:00 p.m. THE AFTERNOON BEFORE your colonoscopy, take 4 Dulcolax laxative 5 mg. tablets with 8 ounces of any clear liquid. This is a laxative and may begin to work in approximately 3-6 hours. Do not worry if it doesn't. Continue on clear liquids.
4. At 5:00 p.m. THE AFTERNOON BEFORE the colonoscopy, drink one full bottle of Magnesium Citrate. This also is a laxative, be prepared to be very close to a Bathroom. Continue on clear liquids.
5. The MORNING OF THE COLONOSCOPY, drink one bottle of Magnesium Citrate again, followed by 8 ounces of water or clear liquid, just as you did the day before. You may continue clear liquids until 4 hours prior to your procedure, then nothing further by mouth. Necessary medications early in the morning are OK.

If your arrival time is **at or before 7:00 a.m.**, drink the Magnesium Citrate at 4:00 a.m. If your arrival time is **after 7:00 a.m.**, drink the Magnesium Citrate at 5:00 a.m.

Have a responsible adult ready to drive you home after your procedure or you may take a cab only if accompanied by an adult. You are **not to drive** for the rest of the day after your procedure.

Be certain you have provided all current insurance information and necessary referrals to our office at least two weeks prior to your procedure date. (Referrals apply only to HMO and Managed Care insurance plans.)

To cancel or reschedule, please give 5 business days advance notice to avoid a charge.

**Also, please download the “Colonoscopy frequently asked questions” and the “Clear liquid diet.”**