

Colonoscopy 2 day Prep with Magnesium Citrate

You are required to arrive one hour in advance of your procedure.

Where to go for your Procedure:

- () Virginia Hospital Center, Arlington: 1635 N. George Mason Dr. 2nd floor GI outpatient Center. Gold parking
- () Inova Woodburn Surgery Center: 3289 Woodburn Road, Suite 100, Annandale Va 22003
- () Woodburn Endoscopy Center: 3301 Woodburn Rd., Suite 109, Annandale, VA

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

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: ibuprofen, naprosyn, Advil type products, blood thinners (Coumadin, Plavix, Aggrenox, Ticlid, Persantine.) **Pradaxa** should be stopped 2 days prior. **If you take any of these medications for cardiac reasons or history of a stroke, 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 2 full days before your colonoscopy day 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 day, take 4 of the Dulcolax laxative tablets with 8 ounces of a clear liquid. This is a laxative and may begin to work in approximately 3-6 hours. Continue on clear liquids.
4. At 5:00 p.m. the afternoon before your colonoscopy day, drink one full bottle of Magnesium Citrate followed by 8 ounces of any clear liquid. This is a laxative, be prepared to be close to a Bathroom. Continue on clear liquids.
5. The Morning of your Colonoscopy, drink one bottle of Magnesium Citrate again, followed by 8 ounces of water or clear liquid, just as you did the day before. Necessary medications early in the morning are OK. You may continue clear liquids only until 4 hours prior to your procedure time, **then nothing further by mouth.** If your arrival time is **at or before 7:00 a.m.**, drink the Magnesium Citrate at 3- 4:00 a.m. If your arrival time is **after 7:00 a.m.**, drink the Magnesium Citrate at 5:00 a.m. If you are having an endoscopy also, you may still continue clear liquids up to 4 hours prior to your procedure.

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.

Provide 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 plans.) **To cancel or reschedule,** please give 5 business days advance notice (required) to avoid a charge.