



**Lifespan**

*Delivering health with care.*

Center for Women's Gastroenterology

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**Your procedure will take place at:**

- Rhode Island Hospital, 593 Eddy Street, Providence, RI – Main Bldg. 9<sup>th</sup> Floor, 9B Endoscopy Unit
- MOC Building, 2 Dudley Street, 3<sup>rd</sup> Floor, Providence, RI
- Rhode Island Hospital Surgery Center at Wayland Square, 17 Seekonk St, Providence, RI
- The Miriam Hospital, 164 Summit Avenue, Providence, RI - 1<sup>st</sup> Floor, Endoscopy Unit
- Blackstone Surgical Center, 1526 Atwood Avenue, #300, Johnston, RI

**Instructions for Colonoscopy**

**On the day of your procedure please bring photo ID and a list of ALL your medications and dosages.**

Due to unexpected emergencies, **your procedure time cannot be guaranteed.** Please contact your insurance company prior to your procedure to understand your responsibility for any co-payment and/or deductible. Note: This is a hospital-based Endoscopy Unit.

Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ With: Dr. \_\_\_\_\_

**Important**

- Do not stop Aspirin unless instructed by your primary care physician or cardiologist. If you take an oral contraceptive at night, you should take the pill in the morning with clear liquid and use a backup method of contraception. Colonoscopy preparation may interfere with absorption of the pill. Resume your birth control pill as usual after the procedure.
- A responsible adult must be available to come into the Endoscopy suite to sign you out of the unit. You will not be able to drive on the day of your procedure. You must have someone drive you home. You may take a taxi or bus, but only if you are accompanied by a responsible adult.
- Please do not wear perfumes or body lotions on the day of your procedure.

**Important:** Notify your physician if you are taking medications for **diabetes (oral or injectable)** and/or **anticoagulants ("blood thinners")** such as **Coumadin, Warfarin, Heparin, Plavix**, etc., and ask for further instructions.

**Purchase at the Pharmacy** Over the counter **Magnesium Citrate (three 10 ounce bottles, lemon or lime flavor only).**

Refrigerate the Magnesium Citrate bottles if desired (this may help improve the taste).

**Two Days Before Colonoscopy** Avoid all popcorn, nuts, and seeds such as quinoa, sesame seeds, and whole flax seeds.

**Day Before Colonoscopy**

You start with a clear liquid diet. **Do not eat solid foods.** Clear liquids are those you can "see through". Do not drink alcohol. Drink plenty of fluids before your procedure. **NOTE: CLEAR LIQUIDS ONLY. No DAIRY. No LIQUIDS that are red, blue or purple.**

Examples of clear liquids include:

- ✓ Water
- ✓ Strained fruit juice without the pulp
- ✓ Plain coffee and tea (**without** milk or cream)
- ✓ Clear broth or bouillon
- ✓ 7 UP, Sprite and Ginger Ale
- ✓ Sports drink (such as Gatorade and Propel Water) – Liquids with calories, not sugar-free or dietary products. (Avoid red, blue and purple)
- ✓ Kool-Aid or other fruit flavored drinks (Avoid red, blue and purple)
- ✓ Plain Jell-O without added fruit or toppings (Avoid red, blue and purple)
- ✓ Popsicles (Avoid red, blue and purple)

**At 6:00 p.m.**

Drink 15 ounces (a bottle and a half) of Magnesium Citrate.

Immediately after drinking Magnesium Citrate, drink at least 2-3 eight ounce glasses of clear liquids (**NOT red, blue or purple drinks**).

Continue to drink clear liquids until bedtime.

The laxative effect can begin within 1-4 hours. Be prepared to be near the bathroom during the preparation.

**Day of Colonoscopy - 6 hours prior to your arrival time**

Drink the remaining bottle and a half of Magnesium Citrate (15 ounces). You may have to get up during the night to take this dose depending on your procedure time. Then drink at least 2-3 eight ounce glasses of clear liquids. Continue to drink clear liquids up until 4 hours before your arrival time. Nothing by mouth until after the procedure unless otherwise instructed by your physician. **No gum or candy.** Medications may be taken with sips of water on your regular schedule until 4 hours before your arrival time.

**Diabetic patients: please check blood sugar level before your procedure.**

Please call the office if you have any questions.

Magnesium Citrate 07.27.2018