



# Colonoscopy with Magnesium Citrate Prep



820 Bestgate Road Suite 1A  
Annapolis, Maryland 21401  
410-224-2116

### Your Procedure:

You are scheduled for a colonoscopy. The doctor will examine the lining of your large intestine with a colonoscope. If polyps or other abnormalities are found during the procedure, the doctor will remove the abnormal tissue for further evaluation.

Patient Name: \_\_\_\_\_  
 Date of Procedure \_\_\_\_\_  
 Arrival Time \_\_\_\_\_  
 Procedure Time \_\_\_\_\_  
 Place:  Maryland Center for Digestive Health Bestgate Medical Clinic  
 820 Bestgate Road, Suite 1A  
 Annapolis, Maryland 21401  
 AAMC (Anne Arundel Medical Center)

## YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY

| 1 Week Prior  | 5 Days Prior   | 2 Days Prior  | 1 Day Prior   | Procedure Day  |
|---|--|---|---|--|
| <p><b>Purchase the following:</b><br/>           - two 10oz bottles of Magnesium citrate(not red-colored cherry flavored)<br/>           - 10mg Bisacodyl</p> <p><b>Follow these instructions, not the box instructions.</b></p> <p>If you take dietary, herbal or fiber supplements or medications containing iron, including multi-vitamins with iron, <b>discontinue these 7 days</b> before your appointment.</p> <p><b><u>If you are taking blood thinners including Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Effient (Prasugrel) and Eliquis (Apixaban), you will need an office visit prior to your procedure.</u></b></p> <p>You may <u>continue</u> your “baby” aspirin and regular aspirin if you were prescribed them for a cardiovascular condition.</p> | <p><b>Begin low fiber diet.</b></p> <p>Stop consuming all high-fiber foods. This includes food with seeds and nuts.</p> <p>If you are taking <b><u>Plavix (Clopidogrel) stop taking it today.</u></b></p> <p>If you are taking ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications, <b><u>stop taking them today.</u></b> Tylenol and Celebrex are okay to use.</p> | <p>Continue low fiber diet.</p> <p>Drink at least four 8oz glasses of water throughout the day.</p>  <p><b>No solid foods after midnight!</b></p> | <p><b>Begin clear liquid diet. No solid foods today. Red, purple or orange colored liquids are not allowed. You may have small amounts of coffee or tea without cream.</b></p> <p>Drink at least four 8oz glasses of water throughout the day.</p>  <p><b>6pm:</b> Drink one 10oz bottle of Magnesium citrate. This can be diluted with clear lemon/lime soda or juice. Drink at least an additional 5 8oz glasses of clear liquids.</p> <p><b>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</b></p> | <p><b>6 hours prior to procedure:</b> drink one 10oz bottle of Magnesium citrate AND Bisacodyl 10mg. drink at least an additional 5, 8oz glasses of clear liquids. You need to finish 4 hours prior to your procedure.</p> <p><b><u>NOTHING by mouth at least 4 hours prior to your scheduled procedure time – including gum, tobacco, hard candy/mints!</u></b></p> <p>You may take your essential morning medications with a few small sips of water, <b>at least 4 hours prior to your procedure</b>, unless otherwise directed by your physician.</p> <p><b>You will need:</b></p> <ul style="list-style-type: none"> <li>-Insurance Cards</li> <li>-Driver’s License/Photo ID</li> <li>-Any co-insurance fees due</li> <li>-A responsible adult driver to drive you home</li> <li>- Referral</li> </ul> |

You will receive your procedure results via the portal. Visit [www.aagastro.com](http://www.aagastro.com) to sign up today.

Phone: 410-224-2116 Fax: 410.224.2118