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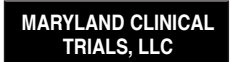
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AAGA051 (Rev 2/10)

# PREPARATION INSTRUCTIONS FOR COLONOSCOPY WITH MAGNESIUM CITRATE / BISACODYL PREP

**Date of Procedure** \_\_\_\_\_

**Arrival Time** \_\_\_\_\_

**Procedure Time** \_\_\_\_\_

- PLACE**
- MD Center for Digestive Health  
Bestgate Medical Clinic  
820 Bestgate Road, Suite 1A  
Annapolis, MD 21401
  - AAMC (Anne Arundel Medical Center)

## INSTRUCTIONS

### GENERAL INSTRUCTIONS:

- Please notify the office at least one week prior to procedure if you are taking medications for diabetes or if you are taking blood thinners including Plavix, Coumadin and Warfarin. (Please bring a list of current medications you are now taking.)
- Because medications you will receive will make you drowsy, you will not be a competent driver. You must make arrangements for someone to drive you home. Your transportation provider must wait for you.

### SEVEN DAYS PRIOR:

- Discontinue aspirin products, iron tablets, blood thinners, herbal products, vitamins and dietary supplements one week prior to colonoscopy unless otherwise advised by your physician.
- Discontinue ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications for seven days prior to colonoscopy. You may take Tylenol if needed. (Celebrex and Bextra are okay.)

### DAY OF PROCEDURE:

See reverse for additional instructions.

### PATIENT RESPONSIBILITY

IT IS YOUR RESPONSIBILITY TO CHECK WITH YOUR INSURANCE COMPANY REGARDING PRE-AUTHORIZATION AND ANY REFERRALS NECESSARY FOR THIS PROCEDURE. YOU WILL NEED TO PRESENT A CURRENT PHOTO ID, VALID INSURANCE CARD AND VALID REFERRAL, IF REQUIRED. YOU WILL BE EXPECTED TO PAY ANY COPAYMENTS, COINSURANCE, DEDUCTIBLES AND OUTSTANDING BALANCES AT THE TIME OF YOUR APPOINTMENT. IF YOU ARE NOT PREPARED TO PAY THE FEES DUE, YOUR APPOINTMENT MAY BE CANCELLED.

PLEASE LEAVE VALUABLES AT HOME OR WITH THE RESPONSIBLE TRANSPORTATION PROVIDER. PLEASE BRING YOUR EYEGLASSES, IF APPLICABLE, AS WELL AS SUFFICIENT CASH, CREDIT CARD OR CHECK FOR YOUR FINANCIAL RESPONSIBILITY.

IT WILL BE NECESSARY FOR YOUR TRANSPORTATION PROVIDER TO WAIT FOR YOU.

*Anne Arundel Gastroenterology Associates provides medical services regardless of race, color, age, national origin, sex, religion, or handicap. If you are hearing impaired or have a language barrier, please notify our office.*

## MAGNESIUM CITRATE / BISACODYL PREP

IN SOME CASES THIS SHOULD NOT BE USED BY PATIENTS WITH CONGESTIVE HEART FAILURE OR RENAL FAILURE. CONSULT YOUR PHYSICIAN!

### FOLLOW THESE INSTRUCTIONS

Obtain two 10 oz. bottles of Citrate of Magnesia and two Bisacodyl tablet (5 mg tablets) laxatives at any pharmacy.

For the best possible examination, the colon must be completely empty of waste materials, so only liquids should be taken for 1 - 2 days before the procedure.

**Take your usual medication as you normally do on the day of your exam unless directed differently by your doctor.**

Liquids Allowed:

- Coffee (no more than 8 ounces), tea, coffee substitutes, carbonated beverages
- (No more than 16 ounces dark colored colas)
- Jello gelatin or ices without food particles, and not red in color
- All strained fruit juices (no red coloring) Broth, bouillon
- Do not consume red colored liquids

#### A.M. PROCEDURE

If your procedure is scheduled  
BEFORE 12:00 P.M.

DAY BEFORE EXAM:

Drink only liquids as above for breakfast, lunch, and dinner. No food is allowed.

**4:00 P.M.** - Drink one 10 oz. bottle of Magnesium Citrate. This can be diluted with a clear lemon/lime soda or juice. Follow with additional clear fluids. Drink at least five 8 oz. portions of a clear liquid. \*

**8:00 P.M.** - Repeat the same with a second 10 oz. bottle of Magnesium Citrate AND take two (2) Bisacodyl tablets. Drink at least five 8 oz. portions of a clear liquid \* before retiring—more if desired.

\* CLEAR LIQUIDS ALLOWED:

Water, clear fruit juices (apple, white grape, Gatorade, (not red), bouillon, Jello (not red/black), coffee (no more than 8 ounces) & tea

NO SOLID FOODS.

YOU MAY DRINK CLEAR LIQUIDS\* UP TO 4 HOURS PRIOR TO EXAM (6 hours prior with Upper Endoscopy).

#### P.M. PROCEDURE

If your procedure is scheduled  
AFTER 12:00 P.M.

DAY BEFORE EXAM:

Drink only liquids as above for breakfast, lunch and dinner. No food is allowed.

**7:00 P.M.** - Drink one 10 oz. bottle of Magnesium Citrate. This can be diluted with a clear lemon/lime soda or juice. Follow with additional clear fluids. Drink at least five 8 oz. portions of a clear liquid. \*

DAY OF EXAM:

**7:00 A.M.** - Repeat the same with a second 10 oz. bottle of Magnesium Citrate AND take two (2) Bisacodyl tablets.

\* CLEAR LIQUIDS ALLOWED:

Water, clear fruit juices (apple, white grape, Gatorade, (not red), bouillon, Jello (not red/black), coffee (no more than 8 ounces) & tea

NO SOLID FOODS.

DRINK PLENTY OF CLEAR LIQUIDS \* UP TO 4 HOURS PRIOR TO EXAM (6 hours prior with Upper Endoscopy).

AAMC Hospital requires nothing by mouth after midnight before a Colonoscopy or Gastroscopy (Upper Endoscopy). If you are having difficulty with the prep, please refer to Frequently Asked Questions. If you have additional questions, please call 410-224-2116 so that we may advise you.