

SIGMOIDOSCOPY MAGNESIUM CITRATE

This exam requires careful preparation!

Read through these instructions carefully at least 7 days prior to your procedure.
Call office at 601-355-1234 with questions.

PATIENT NAME _____	
PATIENT ID _____	DOCTOR _____
Date: _____	Check-In Time _____ <input type="checkbox"/> AM <input type="checkbox"/> PM
Location _____	

Notify the office, as soon as possible at (601) 355-1234:

- If you have had any changes in your medical history or medications, and/ or you have recently been in the hospital or emergency department since you scheduled your procedure.
 - If you experience severe nausea and vomiting and are unable to keep the prep down.
 - If you have fever or any symptoms of the flu, COVID, or other respiratory infections within two weeks of your procedure or if you have been exposed to someone who has had the flu or COVID.
- If you must cancel your procedure. There will be a fee of \$150.00 if not cancelled at least 48 hours in advance.

IMPORTANT

It is very important that you follow the full program of preparation. The results obtained from the exam are dependent on your colon being carefully cleansed and empty. An improperly prepared bowel may mean the exam will have to be repeated at another time; and more importantly, fecal matter left in the bowel can hide conditions that may be present.

Responsible Adult - You will be given medication to make you sleepy. You must have a responsible adult, 18 years of age or older, to drive you home. In the event the driver is a licensed minor, a secondary adult must be available to sign the discharge paperwork.

A WEEK BEFORE your procedure, you will need to:

You are taking _____ . You should take the last dose on _____

Additional Medication Instructions:

- Purchase (1) 10-ounce bottle of Magnesium Citrate (clear in color).
- Purchase (2) disposable enemas, such as Fleets.
- Purchase items for a clear liquid diet.

The DAY BEFORE your procedure

12:00 PM – Start clear liquids only! Absolutely No Solid Food until your procedure is completed

- You may have clear liquids, as much as you would like, all throughout the day. Clear liquids include water, clear juice, black coffee, tea, broth, Jello, soft drinks, and popsicle (nothing red, no dairy products, no orange juice or alcohol). Drink all the clear liquids you want. Stay hydrated.

6:00 PM – Drink the 10-ounce bottle of Magnesium Citrate and then 8 ounces of water

- You may continue to have clear liquids tonight.

THE DAY OF your procedure, Absolutely No Solid Food.

In the morning, prior to leaving home: Use 2 disposable enemas.

- You may have clear liquids until 3 hours before arriving and then **NOTHING to EAT or DRINK!**
- **Take** blood pressure, heart, and seizure medication(s) at least 3 hours before your arrival time.
- **Use** respiratory inhalers, as directed, on the day of your procedure and bring inhaler(s) with you.
- **DO NOT take** your diabetic medications (pills and/or insulin). If on an insulin pump, continue just basal rate.
- **Bring** your medication list with dose and strength, insurance card(s), and identification or driver's license.
- **DO NOT** wear jewelry/watch or bring valuables. We are not responsible for broken or lost items.

(3 hours before arriving) **NOTHING to EAT or DRINK!
NOT EVEN A SIP OF WATER!**





COLONOSCOPY DIET GUIDELINES



LOW RESIDUE DIET

Follow prep sheet instructions for timing:

A low residue diet reduces the amount of food that stays in your bowels after you eat. Follow the low-residue diet for a short time before your colonoscopy to make sure your bowels are clean and empty. This lets the physician see as much of your bowel as possible during the colonoscopy.

Foods to avoid while on this diet include (but not limited to):

- Raw fruits and vegetable (lettuce, corn, tomatoes, etc.)
- Seeds, nuts and legumes (no popcorn, peanuts, etc.)
- Juices with pulp
- Milk and milk products (no more than 1 cup per day)

If you have any medical contraindications to anything on the recommended food column, please avoid them entirely or consult your doctor.

RECOMMENDED FOODS	FOODS TO AVOID
White breads, pasta, rice, peeled potatoes	Breads with nuts, seeds, or whole wheat, potatoes with skin, brown or wild rice
Tender cooked or canned veggies without seeds, including carrots, green or wax beans, pumpkin, spinach, lima beans (Do not eat canned corn)	Raw or steamed veggies, veggies with seeds, cabbage, Brussels sprouts, cauliflower, beans, peas, corn, broccoli
Strained fruit juice, canned fruit (except pineapple)	Prunes or prune juice, raw/dried fruit, all berries, figs, dates, raisins
Milk, yogurt, cheese	Yogurt with seeds or nuts
Ground beef, other well-cooked meats and fish	Tough, fibrous or rare meat
Plain cakes and cookies, creamy peanut butter	Nuts, seeds, coconut, popcorn, jams, marmalades, preserves, crunchy peanut butter

CLEAR LIQUID DIET

Follow prep sheet instructions for timing:

A clear liquid diet is defined as any liquid you can shine a light through, that is not foggy or cloudy, and is not red or purple.

- Water, sports drinks, sodas, apple juice, white grape juice
- Clear broths, gelatin, popsicles (yellow or green)
- Black coffee and tea (sugar or sweetener is allowed but **NO** milk/creamer or non-dairy creamer)
- **DO NOT EAT ANYTHING RED OR CONTAINING RED DYE.**
 - Avoid flavors such as strawberry, cherry, watermelon, grape, and orange.

NO SOLID FOOD, NO MILK PRODUCTS, NO NON-DAIRY CREAMER, NO ORANGE JUICE, AND NO ALCOHOL.

COLONOSCOPY PREP INSTRUCTIONS

This exam requires careful preparation!

****Read through these instructions carefully at least 7 days prior to your procedure.****

Notify the office, as soon as possible at (601) 355-1234:

- If you have had any changes in your medical history or medications, and/ or you have recently been in the hospital or emergency department since you scheduled your procedure.
- If you take blood-thinner medication (like Plavix, Eliquis, Xarelto, Coumadin) and have not received special instructions on when to temporarily hold your blood thinner prior to your procedure.
- If you have fever or any symptoms of the flu, COVID, or other respiratory infections within two weeks of your procedure or if you have been exposed to someone who has had the flu or COVID.
- If you must cancel your procedure. There will be a fee of \$150.00 if not cancelled at least 48 hours in advance.

It is very important that you follow the full program of preparation. The results obtained from the exam are dependent on your colon being carefully cleansed and empty. An improperly prepared bowel may mean the exam will have to be repeated at another time; and more importantly, fecal matter left in the bowel can hide important conditions that may be present.

1. Responsible Adult - You will be given medication to make you sleepy. You must have a responsible adult, 18 years of age or older, to drive you home. In the event the driver is a licensed minor, a secondary adult must be available to sign the discharge paperwork.

2. Blood Thinners - The most common of these include but are not limited to:

Aggrenox (aspirin/ dipyridamole)	Effient (prasugrel)	Miradon (anisindione)	Savaysa
Arixtra (fondaparinux)	Eliquis (apixaban)	Plavix (clopidogrel)	Ticlid (ticlopidine HCL)
Brilinta (ticagrelor)	Heparin	Pletal (cilostazol)	Xarelto (rivaroxaban)
Coumadin (warfarin)	Lovenox (enoxaparin sodium)	Pradaxa (dabigatran)	

These medications can increase your risk for bleeding and will need to be temporarily held in the days before your procedure. There may be risk involved in stopping your blood thinner medication, even temporarily. Please discuss with your prescribing physician if you have any questions or concerns about holding your blood thinner as directed. Directions, if indicated, are located on the prep instructions.

3. Diabetic Patients

- Monitor your blood sugar closely to prevent low blood sugar during the prep.
- If you take insulin, we will try to schedule your procedure in the early part of the day. **Do not take Humulin, regular or NPH insulin** before arrival on the day of the procedure.
- If you have an insulin pump, continue on your usual basal rate the morning of your procedure. When eating again, you can resume bolus doses.
- If you take any other insulin preparation such as Lantus, Humalog, or 70/30 Insulin then **you MUST CONTACT YOUR PRESCRIBING DOCTOR FOR INSTRUCTIONS.**

4. Procedure Day

- **Current/updated medication list is required.** Please bring a list of your current medication, including strength and dosage, with you to the procedure.
- **Health Insurance Card(s) and Photo ID** – Please bring with you and provide at check in.
- **Please leave valuables at home.** We are not responsible for broken or lost items.

GENERAL HINTS AND REMINDERS

- If you have any questions about these instructions or problems with your bowel prep, please check our web site at www.gi.md or call (601) 355-1234 and ask for your doctor's assistant.
- Be sure to drink 6-8 cups (8 ounces) of water each day leading up to your procedure. The more you drink and hydrate, the better your prep will be!
- If you take oral medication(s), do not take it within 1 hour of starting each dose of prep.
- Individual responses to laxatives do vary; this prep may cause multiple bowel movements. This prep often works within 30 minutes, but it may take as long as 4 to 6 hours. Plan to be at home, close to the bathroom, when drinking the prep.
- You may feel "cleaned out" before you finish all of your prep solution. You must take the entire prep. Your colon is approximately six feet long. The entire colon must be emptied for your physician to see the colon clearly.
- Multiple bowel movements may irritate the anal areas; clean thoroughly after each bowel movement to reduce irritation. Consider trying flushable wipes or Tucks pads for rectal irritation. Do not use Desitin ointment.
- Try these tips if you get nauseated: drink the prep through a straw, sip on broth or carbonated soda (like ginger ale or lemon-lime) between glasses of prep, suck on a piece of hard candy between glasses of prep. Additionally, lie on your left side to reduce nausea; lying flat may make it worse.
- If you experience nausea, bloating, or vomiting, wait 30 minutes before drinking more fluid and take small sips.
- If you experience **severe nausea and/or vomiting** and are unable to continue your prep, call our offices at (601) 355-1234.
- The check-in (arrival) time is NOT the time your procedure will begin. You are asked to arrive early to allow for registration and preparation.
- Wear comfortable, loose-fitting clothes that you are able to change out of easily. You may wear or bring a warm pair of socks and sweater. Bring a case for your glasses if you bring them with you.
- Refrain from vaping, smoking (tobacco or marijuana) or using smokeless tobacco the morning of the procedure.
- You should not work or drive after your procedure for the remainder of the day.

Remember, your appointment could be rescheduled or cancelled if:

- You do not finish your prep or appropriately follow the prep instructions.
- You did not temporarily hold your blood thinner as directed.
- You consume any food or drink within 3 hours of your arrival time.
- You do not arrive for your appointment on time.
- You do not have a responsible adult (over the age of 18) to drive you home after your procedure.
- You have fever, COVID, flu, or upper respiratory infections.
- You do not bring a current medication list, including strength and dosage.
- You did not notify the office of changes in your medical history, medication, or upcoming procedures since scheduling your procedure.