

## YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: \_\_\_\_\_ Time: \_\_\_\_\_

Gastro Health Physician: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

**MetroWest Medical Center**  
115 Lincoln St.  
Endoscopy Department, 1<sup>st</sup> Floor  
Framingham, MA 01702  
503-383-1728

**Boston Endoscopy Center**  
175 Worcester St.  
Wellesley, MA 02481  
617-936-7693

**Charles River Endoscopy**  
571 Union Ave.  
2<sup>nd</sup> Floor, South Entrance  
Framingham, MA 01702  
508-665-4111

When this procedure was scheduled, the insurance on file for you was: \_\_\_\_\_

**Appointments missed or cancelled with less than 5 days' notice will result in a \$150 fee in accordance with applicable office policies. There may also be a fee charged by the endoscopy facility.**

### **DAY BEFORE - CLEAR LIQUID PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH EZ2GO/Magnesium Citrate**

PLEASE REVIEW THE INSTRUCTIONS **AT LEAST 1 WEEK PRIOR** TO THE PROCEDURE. USE THESE PREPARATION INSTRUCTIONS **AND NOT ANY INCLUDED WITH THE MAG CITRATE BOTTLE.**

**It is important that you follow these directions in the packet carefully and complete the entire preparation to ensure the most effective cleansing.**

- If you are taking any blood thinners **AND** this was **NOT** discussed with your doctor's office at the time of scheduling the procedure, **please call us at least 5 days BEFORE** starting the preparation. These include, but are not limited to, *Coumadin-(Warfarin)*, *Plavix-(Clopidogrel)*, *Xarelto-(Rivaroxaban)*, *Pradaxa-(Dabigatran)*, *Eliquis-(Apixaban)*, *Arixtra-(Fondaparinux)*, *Effient-(Prasugrel)*.
- If you are taking any insulin **AND** this was **NOT** discussed with your doctor's office at the time of scheduling the procedure, **please call your prescribing physician at least 5 days BEFORE** starting the preparation.
- You must **stop any iron preparations** (including in Multivitamins) for **5 days BEFORE** the procedure.
- If you are taking any of the following **GLP-1 medications**: *Dulaglutide-(Trulicity)*, *Liraglutide-(Saxenda)*, *Exenatide-(Byetta, Bydureon Bcise)*, *Tirzepatide-(Mounjaro, Zepbound)*, *Semaglutide-(Ozempic, Wegovy, Reybelsus)*, *Lixisenatide-(Adlyxin)*, *Albiglutide-(Tanzeum)*, **you must be on clear liquids ONLY the entire day prior to your scheduled procedure as the prep indicates. Failure to follow this instruction will result in your procedure being cancelled and all cancellation fees being charged.**
- **IF YOU ARE DIABETIC, DO NOT** take your diabetic pills the evening prior or day of the colonoscopy.
- **YOU MUST CONTINUE TO TAKE ALL** your other medications every day prior to the colonoscopy. It is **OK to take them with a small sip of water** on the day of your colonoscopy.
- You can continue aspirin, Tylenol and any NSAIDS (Ibuprofen, Motrin, Aleve, Naproxen, Celebrex, Mobic).
- Please plan to have someone drive you home after the procedure. **You will not be allowed to drive yourself home.** You **cannot take an Uber, Lyft, taxi, or public transportation home** from your procedure without an adult companion.

## DAY BEFORE PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH EZ2GO Magnesium Citrate Preparation



### 3 DAYS BEFORE THE PROCEDURE

**STOP** eating legumes, peas, carrots, tomatoes, watermelon, nuts, beans, corn and seeds. If you want to optimize your cleansing, start taking 2 senna pills daily to “pre-clean” your bowel.

### THE DAY PRIOR TO THE PROCEDURE

**You may not have any solid food. You may have only clear liquids.** Clear liquids are liquids you can see through. For example: water, coffee or tea (may have sugar but no milk or cream) ginger ale, apple juice, Gatorade, Pedialyte, popsicles, and hard candy. **Jell-O** and **Broth** have protein and are **no longer considered clear liquids**.

**DO NOT CONSUME ANY CLEAR LIQUIDS THAT ARE RED OR PURPLE IN COLOR.**

For best results, be prepared to dilute your Magnesium Citrate 1:1 with Ginger ale. Chilling the mixture may make it easier to tolerate.

**\*\*Common symptoms from colonoscopy prep include nausea, vomiting, and chills. If you experience severe nausea or vomiting, pause ALL oral intake including your preparation and resume in 1-2 hours. If you continue vomiting, you may call the on-call doctor for guidance\*\*\***

#### STEP 1 – the day BEFORE your scheduled procedure time

- At 3:00 PM: take two (2) Bisacodyl tablets with a clear liquid of your choice.
- At 7:00 PM: Drink 1 and ½ bottles of the Magnesium Citrate slowly over 1 hour. If you dilute the solution with Ginger-ale, it is ok to drink the solution over 90 minutes. **Do not gulp it down.**
- At bedtime: take the remaining two (2) Bisacodyl tablets with a clear liquid of your choice.
- Before midnight, slowly drink at least three (3) additional 8 oz glasses of clear liquids slowly.

### THE DAY OF THE PROCEDURE

#### STEP 2 - 6 hours before your scheduled procedure time

- Drink the remaining 1 and ½ bottles of the Magnesium Citrate slowly over 1 hour. If you dilute the solution with Ginger-ale, it is ok to drink the solution over 90 minutes. **Do not gulp it down.**
- Slowly drink at least three (3) additional 8 oz glasses of clear liquids slowly.
- You can have water up to four (4) hours before the procedure. NO other liquids or solids. You may have your medications with sips of water.

**\*\*\*If you do not STOP drinking liquids including water 4 hours prior to your procedure, the procedure may be delayed or cancelled by the anesthesiologist.**

Please call us if you have any questions or if you are having difficulty with the preparation – 508-620-9200.