



YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: _____ Time: _____

Gastro Health Physician: _____

Arrival Time: _____

MetroWest Medical Center
115 Lincoln St.
Endoscopy Department, 1st Floor
Framingham, MA 01702

Boston Endoscopy Center
175 Worcester St.
Wellesley, MA 02481

Charles River Endoscopy
571 Union Ave.
2nd Floor, South Entrance
Framingham, MA 01702

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 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.**

If you did not purchase this prep kit from our office, you may also choose to purchase these items at an outside pharmacy. You will need to purchase: Four (4) Bisacodyl (Dulcolax)-5mg laxative tablets and Three (3) 10 oz bottles of Magnesium Citrate (no red or purple colored). You do not need prescriptions for any of these items, they are all over-the-counter. If you want to optimize your cleansing, start taking 2 senna 8.6mg pills once or twice daily to “pre-clean” your bowel.

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 supplements** (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 Magnesium Citrate



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 8.6mg pills once or twice 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.

To make it easier to tolerate, you may dilute your Magnesium Citrate 1:1 with ginger ale. Chilling the mixture is also recommended.

****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 procedure

- 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.
- 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.