

**NORTH IDAHO ENDOSCOPY CENTER  
1607 LINCOLN WAY SUITE 100  
COEUR D'ALENE, IDAHO 83814**

**208-667-5483**

**PLEASE NOTE: THERE WILL BE TWO SEPARATE CHARGES FOR YOUR PROCEDURE. ONE FROM THE GASTROENTEROLOGIST AND ONE FROM NORTH IDAHO ENDOSCOPY CENTER.**

## COLONOSCOPY

Patient: \_\_\_\_\_ Phone \_\_\_\_\_

Gastroenterologist: \_\_\_\_\_

Date of procedure: \_\_\_\_\_

Time to arrive: \_\_\_\_\_

*Your arrival time may need to be adjusted based on the doctor's schedule*

Where to check in: NORTH IDAHO ENDOSCOPY CENTER – 1<sup>ST</sup> FLOOR

If your test is in the morning, take your heart or blood pressure medication with a small amount of water one hour before your test.

If your test is in the afternoon, take your medications at your usual time in the morning.

**Blood thinners:**  
Stop Coumadin/Plavix \_\_\_\_\_ days prior to exam (usually 4 - 5 days).  
Stop Aspirin / NSAIDS: \_\_\_\_\_ days prior to exam (usually 5 – 7 days).

Stop Fish Oil/Flax seed oil three (3) days prior to exam.

**Oral diabetic medications:**  
Day before exam: Hold evening dose.  
Day of exam: Hold morning dose.

**Insulin:** Day before exam: Take ½ of evening dose.  
Day of exam: Hold dose.

**YOU WILL NEED TO HAVE A DRIVER BECAUSE YOU WILL HAVE SEDATION**

- ❖ The time for your procedure and recovery may vary; we will give you an estimated time that you will be here.
- ❖ Please ask your driver to be flexible as to the time to pick you up.
- ❖ If your driver needs to leave, please let us know how we can contact them.
- ❖ We ask that your driver return to the waiting room at the estimated time of recovery or discharge

Bring reading glasses if needed

If you wear dentures, you will be asked to remove them prior to sedation.

**SEE REVERSE SIDE FOR PREP INSTRUCTIONS**

# MAGNESIUM CITRATE PREP PLANNER

## Prior to test

- Go to the pharmacy or drug store and buy:
  - Two (2) bottles - 10 oz size of **Magnesium Citrate** lemon flavor
  - Four (4) **Dulcolax Laxative** tablets

## **Day Prior to Test :** \_\_\_\_\_

- No solid food
- Start **strict CLEAR LIQUID DIET**
- If you are a Diabetic - monitor your blood sugar
  - You may use a can of regular soda (7-UP, etc) if your blood sugar is low.
- Do not drink anything **RED, BLUE, OR PURPLE**
- Take 2 **Dulcolax** tablets at **10:00 AM**
  - You may experience cramps and stools after ingestion.

**Clear Liquid Diet : IT IS VERY IMPORTANT TO DRINK AS MUCH LIQUID AS POSSIBLE TO PREVENT DEHYDRATION AND TO START THE LAXATIVE THROUGH YOUR COLON**

Coffee or tea with any sweetener - **no creamer**

Clear fruit juices – apple, white grape, white cranberry

Gatorade or other bottled drinks

Any carbonated soft drinks

Clear broth – chicken, beef, vegetable

Jello - orange, lemon, lime, pineapple, peach - **with nothing added**

Water—LOTS of water.

## **The two bottles of laxative need to be taken 12 or more hours apart**

- At \_\_\_\_\_ start **first** bottle of **Magnesium Citrate**
  - This is typically sixteen (16) hours prior to your scheduled check-in time.
  - To help prevent nausea: drink 1-2 oz of **Magnesium Citrate** every **10-15 minutes**, followed by 2-4 oz of any type of clear liquid
  - Mild side effects of bloating or cramping may occur
- Take 2 Dulcolax tablets at \_\_\_\_\_ (One hour prior to Magnesium Citrate)

## **Day Of Procedure :** \_\_\_\_\_

- At \_\_\_\_\_ drink the **second** bottle of **Magnesium Citrate** the same as above.
  - This is typically 4 – 6 hours prior to your scheduled check-in time.
- Drink another 2 - 3 8oz glasses of clear liquid within one (1) hour of second bottle.
  - Once finished, **DO NOT** drink or eat anything until your procedure.
- Your bowel movement should be watery liquid with a yellowish-tan color
- You may chew gum or suck on hard candy for a dry mouth