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Preparation for Colonoscopy with Citroma (Magnesium Citrate)

Patient: _____ Date of Procedure: _____
Procedure: Colonoscopy Arrival time: _____ am/pm Pick up _____
(We will call day before with exact time)
Place: _____

IF YOU HAVE NOT HEARD FROM US

by 2:00 p.m. the day before your procedure, please call our office for your arrival time.

Seven Days Before Procedure:

Date: _____

Do not take aspirin, ibuprofen, Advil, Aleve, or arthritis medications.

Do not take iron pills or iron preparations (including multivitamins with iron) or arthritis medications.

You may use Tylenol and extra strength Tylenol.

Five Days Before Procedure:

Date: _____

Do not take any blood thinners, such as Coumadin, Warfarin, or Plavix, unless advised by your physician.

You may take all other medicines unless otherwise advised by Dr. Gorodokin.

PLEASE NOTE that during your prep, you may experience some rectal irritation which can be decreased by applying ***petroleum jelly (Vaseline)*** to your rectum before and after bowel movements, along with the use of adult wet wipes.

PLEASE FOLLOW THESE INSTRUCTIONS EXACTLY:

Two Days Before Procedure:

Date: _____

DO NOT EAT!

You may have **only** clear liquids all day. Examples: **water, coffee (without milk), tea, carbonated beverages, apple juice, white grape juice, cranberry juice, Jell-O (not red), fruit flavored and powdered drinks, clear broth, bouillon, hard candy and Popsicles. AVOID RED DYES.**

In the evening, **between 4 and 6PM** drink **one (1) 10-oz. bottle of Magnesium Citrate.** (no prescription required—may purchase at the pharmacy)

Day Before Procedure:

Date _____

DO NOT EAT!

You may have **only** clear liquids all day. Examples: **water, coffee (without milk), tea, carbonated beverages, apple juice, white grape juice, cranberry juice, Jell-O (not red), fruit flavored and powdered drinks, clear broth, bouillon, hard candy and Popsicles. AVOID RED DYES.** In the evening, **between 4 and 6PM** drink **one (1) 10-oz. bottle of Magnesium Citrate.**

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If you are a **DIABETIC**, take only half of your normal insulin or oral diabetic medication

IF YOU ARE SEEING ANY STOOL OR ANY CLOUDY MATERIAL IN THE TOILET

you can use additional **Magnesium Citrate** bottle. It is important that you are thoroughly cleaned out in order for your physician to get a good look at your colon.

Day of Procedure:

Date _____

DO NOT EAT!

You may drink clear liquids **up to 4 hours** before your procedure.

If you are taking heart, seizure, or anxiety medications, please be sure to take them before your procedure with a sip of water.

Bring all medicine bottles with you, including diabetic medications and inhalers.

Do not take oral diabetic medications or insulin on the morning of your procedure.

You will be administered IV sedation. Please come accompanied by a responsible adult who can drive you home. You will not be allowed to take public transportation or to drive your own car.

We can arrange for your transportation if your procedure scheduled at Roseland ASC.

You should not drive a car, operate machinery, or ingest alcohol for at least 8 hours.

Please refrain from smoking and do not wear lipstick or jewelry the day of your procedure.

You may bring slippers or footies and put on a T-shirt for your comfort.

We anticipate your stay with us to be 2 to 4 hours.

The hard part is over once you see us

What Is Colonoscopy?

Colonoscopy is a special exam of your lower gastrointestinal (GI) tract. If you are having symptoms of a lower GI problem or have had an abnormal x-ray, this procedure may be done to get a better look. It can also help treat certain lower GI problems.

What Is An Endoscope?

During colonoscopy, a long, narrow, flexible tube called an endoscope is used. This instrument contains a strong light video camera. Your GI tract can then be viewed on a video screen.

What To Tell Your Health Care Provider

Tell your healthcare provider before the exam if any of the following is true for you:

You are allergic to any medication or anesthetic.

You take any medication, especially aspirin or blood thinners.

You have heart or lung problems
You are pregnant.

The Procedure

The doctor and a nurse or technician performs the procedure. Colonoscopy can take 30 minutes or longer. Sigmoidoscopy often takes less than 15 minutes.

During the Procedure

You lie on the table on your left side.

For colonoscopy, you are given sedating (relaxing) medication through an IV (intravenous) line. Sigmoidoscopy usually doesn't require sedation. The endoscope is inserted into your rectum. You may feel pressure and cramping. If you feel pain, tell your doctor or nurse. You may receive more sedation or some pain medication. The endoscope carries images of your colon to a video screen. Prints of the image may be taken as a record of your exam. When the procedure is done, you rest for a time. If you have been sedated you must have an adult drive you home.

Lower GI Anatomy

Colonoscopy allows your doctor to examine your lower GI tract. Your entire colon and rectum can be examined during colonoscopy. Or just the rectum and sigmoid colon can be examined during sigmoidoscopy.

What Colonoscopy Can Do

Lower GI endoscopy helps diagnosis inflammation of the colon (colitis). It can be used to remove growths (polyps) from the wall of the digestive tract. It can be used to take a sample of tissue (biopsy) for later study. It can pinpoint causes of bleeding or pain. It can also help detect colon or rectal cancer.

After the Procedure

You may hear some test results before you go home. If you had polyps removed or a biopsy, results may take several days. Follow your doctor instructions for how to care for yourself after the procedure.

When to Call Your Doctor

Call if you have any of the following:

Pain in your abdomen
Fever, Rectal bleeding