

Monmouth Gastroenterology, LLC 

A Division of Allied Digestive Health
1912 Hwy 35 South, Suite 201
Oakhurst, NJ 07755
732-389-5004 fax 732-389-1850

Doctors: Baig, Belitsis, Fiest, Gorcey, Merikhi and Uppal

PATIENT NAME: _____ Date: _____

Time: **THE FACILITY WILL CALL YOU WITH THE EXACT TIME EITHER ONE OR TWO DAYS PRIOR TO YOUR PROCEDURE.**

CITRATE OF MAGNESIA – PREPARATION FOR COLONOSCOPY

Purchase the following from the pharmacy without a prescription: **TWO (2) TEN OUNCE BOTTLES OF MAGNESIUM CITRATE (NOT CHERRY FLAVORED) AND TWO (2) DUCOLAX LAXATIVE TABLETS.** Please follow the below instructions---not the instructions printed on the package.

FIVE DAYS BEFORE Your Scheduled Colonoscopy: If you have diabetes or take blood thinners (Coumadin, Plavix, Ticlid, Aspirin, etc.) and did not tell the doctor, *inform the doctor immediately*. Generally you should stop medications, or vitamins containing **Iron**, Vitamin E, Fish Oil, Garlic Tablets, Ginko Biloba, ginseng or Aspirin-like products (Advil, Motrin, Aleve, Nuprin, Alka-Seltzer, Naprosyn, etc.) for 5 days prior to the procedure. **However, you will be specifically instructed about withholding Aspirin, Plavix, Warfarin, Xarelto, Pradaxa, Eliquis and Coumadin according to your medical situation.** YOU MAY TAKE TYLENOL AS NEEDED FOR A HEADACHE OR PAIN.

IF YOU ARE A DIABETIC ---PLEASE MAKE SCHEDULER AWARE – IN ORDER TO RECEIVE INSTRUCTIONS ON YOUR MEDICATION/ INSULIN

TWO DAYS BEFORE THE COLONOSCOPY: Do not eat any fruits (bananas and melon are permitted), nuts, vegetables, salads, seeds, berries or whole grains (until after the procedure). **This is essential in order to successfully clear your colon for the procedure.**

THE DAY BEFORE YOUR COLONOSCOPY: NO SOLID FOODS ON THE DAY BEFORE YOUR EXAMINATION. YOU MAY HAVE THE FOLLOWING ALL DAY: DRINK PLENTY OF LIQUIDS – WATER, TEA, COFFEE, JELLO, FRUIT JUICE AND CARBONATED DRINKS ARE INCLUDED. **NO RED LIQUIDS.** Do not have red jello, tomato juice or strawberry ice cream. Nothing should contain seeds or nuts. DRINK AT LEAST TWO (2) QUARTS OF THE ABOVE LIQUIDS ON THE DAY BEFORE YOUR COLONOSCOPY.

PROCEDURES BEFORE 11:00 AM:

FIRST DOSE THE NIGHT BEFORE THE PROCEDURE:

1. At **5:00 pm** drink the first bottle of Magnesium Citrate.
2. Drink at least 3 to 6 glasses of water – after the first bottle only.
3. If **ONLY** stated by **doctor** –take 2 ducolax tablets with 8ozs of water –check yes _____
4. **NOTHING RED OR ORANGE IN COLOR.** YOU MAY CONTINUE CLEAR LIQUIDS UNTIL MIDNIGHT.

SECOND DOSE THE NIGHT BEFORE PROCEDURE:

1. AT **10:00 PM** drink the second bottle of Magnesium Citrate. **MUST BE FINISHED BY 12:00 AM.**

(NOTE: It is the second dose that ensures a clean colon. You must take the second dose even if you have had many bowel movements with the first dose.)

PROCEDURES AFTER 11:00 AM:

FIRST DOSE THE NIGHT BEFORE THE PROCEDURE:

1. At **7:00 PM** drink the first bottle of Magnesium Citrate.
2. Drink at least 3 to 6 glasses of water – after the first bottle only.
3. If **ONLY** stated by doctor – take 2 dulcolax tablets with 8ozs of water – check yes _____
4. **NOTHING RED OR ORANGE IN COLOR.** YOU MAY CONTINUE CLEAR LIQUIDS UNTIL MIDNIGHT.

SECOND DOSE THE MORNING OF THE PROCEDURE:

1. At **6:00 AM** drink the second bottle of Magnesium Citrate. Must be finished by **6:30 AM.**

Day of Procedure: YOU NEED TO FINISH DRINKING YOUR LIQUID PREP 4 HOURS PRIOR TO YOUR PROCEDURE.
TAKE YOUR HEART MEDICATIONS OR BLOOD PRESSURE MEDICATIONS

Please report to the following location:

Advanced Endoscopy and Surgical Center: 142 Rte. 35, Eatontown, NJ---**732-935-0031**

Monmouth Medical Center: 300 Second Avenue, Long Branch,NJ- **Arrival time:** _____ **outpatient registration**

Jersey Shore University Medical Center: 1945 Rte. 33, Neptune,NJ-**Arrival time:** _____ **outpatient registration**

****YOU MUST HAVE A RESPONSIBLE ADULT ACCOMPANY YOU HOME. Driving yourself, taking a bus or walking is NOT PERMITTED****

Updated 6/2016