Magnesium Citrate & Dulcolax Prep

Thank you for choosing to have your colonoscopy with NSPG Gastroenterology. We are delighted to be able to participate in your healthcare and we will make every attempt to make your experience as pleasant and safe as possible. Your colonoscopy appointment and the directions for preparing for your colonoscopy are included in this letter. Please review the directions carefully as soon as you receive this packet as certain items require immediate attention as the preparation itself begins 5 DAYS PRIOR to your procedure.

Included in this packet

- Information about a colonoscopy
- Colonoscopy pre-procedure instructions
- Colonoscopy preparation instructions
- Prescription for preparation solution
- Directions to locations

Please review your insurance requirements for co-pay, deductible and co-insurance.

Your procedure is scheduled for:

DATE:__________________________ ARRIVAL TIME:______________

You should arrange for someone to drive you home 2.5 hours after you arrive. Prior to your appointment, please confirm with the person who will drive you home.

LOCATION:

- NSMC Salem Hospital – 81 Highland Ave., Salem
  Please go to the Wheelock 5 entrance to check in for the Endoscopy Suite

- Mass General/North Shore Center for Outpatient Care 104 Endicott St., Danvers
  Please proceed to the second floor

If you need to reschedule or have prep questions about your procedure, please call 978-741-4171 at least 72 hours in advance.
WHAT IS A COLONOSCOPY

○ The most accurate method for evaluating the colon or large intestine.
○ A safe, well-tolerated outpatient procedure performed with intravenous sedation.
○ Used to screen for colon cancer and pre-cancerous polyps, and to evaluate other GI symptoms.

COLONOSCOPY PRE-PROCEDURE INSTRUCTIONS

○ You MUST have an adult (18 years old and above) to escort you home after the procedure. You are still required to have an escort even if you plan to take a taxi, The Ride, Uber, Lyft, GLSS Medical Bus, or alternative transportation. You are not allowed to drive until the next day. This alternative transportation driver is not considered your adult escort.

○ If you have diabetes and are on oral medication, take half of your normal dose the day prior to your procedure and hold oral diabetic medications on the day of the procedure.

○ If you take blood thinners [warfarin (coumadin), clopidogrel (plavix), aspirin/dipyridamole (aggrenox), rivaroxaban (xarelto), apixiban (eliquis), dabigatran etexilate (pradaxa), cangrelor (kengreal)] or insulin and have not discussed this with our office, please call our office immediately. If you are on aspirin for cardiac disease or stroke prevention DO NOT stop.

○ Pick up your Magnesium Citrate (lemon or lime) from the pharmacy. Magnesium Citrate may be purchased over the counter.

○ Pick up Gas X Tablets
COLONOSCOPY PREPARATION INSTRUCTIONS

FIVE DAYS PRIOR TO YOUR PROCEDURE:
• Stop anti-inflammatory medications (NSAIDs) such as Aleve, Motrin, Ibuprofen
• Avoid raw fruits, vegetables, and seeds (cooked fruits and veggies are fine)
• Pick up two bottles of Magnesium Citrate
• You should also pick up a box of Gas-X
• Pick up 4 Dulcolax tablets

DAY PRIOR TO YOUR PROCEDURE (all patients):

DIET INSTRUCTIONS:
A light low residue diet, which consists of eggs, yogurt, cheese, and white /refined bread, cereal, or crackers (no whole grains) is permitted for breakfast before 9 a.m.

Begin clear liquid diet after breakfast, if your procedure is scheduled after 12 p.m., you can have a light lunch and start clear liquids after that.

A clear liquid diet includes any liquids you can see through, such as water, tea, black coffee, clear broth, apple juice, Gatorade (not red), white grape juice, and Jello (not red). Gatorade is preferred since it has electrolytes.

Do not drink anything red or any dairy products.

Refrigerate the Magnesium Citrate.

It is important to drink at least 8 glasses of liquid throughout the day, in addition to the prep, to avoid dehydration.

<table>
<thead>
<tr>
<th>Procedure scheduled before Noon</th>
<th>Procedure scheduled at noon or after</th>
</tr>
</thead>
<tbody>
<tr>
<td>• At 2 p.m. take 4 Dulcolax tablets</td>
<td>• At 4 p.m. take 4 Dulcolax tablets</td>
</tr>
<tr>
<td>• At 4 p.m. chew and swallow 2 Gas-X tablets</td>
<td>• At 5 p.m. chew and swallow 2 Gas-X tablets</td>
</tr>
<tr>
<td>• At 4 p.m. drink 1 bottle of the Magnesium Citrate Preparation</td>
<td>• At 6 p.m. drink 1 bottle of the Magnesium Citrate Preparation</td>
</tr>
<tr>
<td>• After drinking the Magnesium Citrate, drink 2-3 eight ounce glasses of clear liquids.</td>
<td>• After drinking the Magnesium Citrate, drink 2-3 eight ounce glasses of clear liquids. Continue to drink clear liquids until bedtime for a total of 64 ounces during the day</td>
</tr>
</tbody>
</table>
At 9 p.m. chew and swallow 2 Gas-X tablets
At 9 p.m. drink another 1 bottle of Magnesium Citrate
After drinking the Magnesium Citrate, drink 2-3 eight ounce glasses of clear liquids.
Continue to drink clear liquids until bedtime for a total of 64 ounces during the day.

**DAY OF PROCEDURE (all patients):**

Take all regularly prescribed medications with a sip of water (unless otherwise instructed).

Please leave valuables and jewelry at home.

Arrive at endoscopy center as instructed with the following:

- name and phone number of escort
- complete list of medications and allergies
- photo ID
- CPAP machine if you have one (even if you don’t use it)

<table>
<thead>
<tr>
<th>Procedure scheduled before Noon</th>
<th>Procedure Scheduled for Noon or after Noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nothing to drink after midnight</td>
<td>At 6 a.m. chew and swallow 2 Gas-X tablets</td>
</tr>
<tr>
<td>You can take prescribed morning medications before 7 a.m. with a sip of water.</td>
<td>At 6 a.m. drink another 1 bottle of Magnesium Citrate</td>
</tr>
<tr>
<td>Arrive at endoscopy as instructed</td>
<td>Immediately after drinking the Magnesium Citrate, drink 2-3 eight ounce glasses of water.</td>
</tr>
<tr>
<td><strong>Do not drink anything else.</strong> **</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nothing by mouth after 8 a.m.</td>
</tr>
</tbody>
</table>
After your procedure, you will receive written discharge information/instructions.

Please remember that you will not be able to work, drive, or consume alcohol for the remainder of the day.

For further information, please visit our website
www.northshorephysicians.org/specialties/gastroenterology

**DIRECTIONS**

**North Shore Medical Center/Salem Hospital**

81 Highland Avenue
Salem, MA

Enter campus via the upper entrance to hospital
Follow signs to valet parking
Enter through Wheelock 5

**Mass General/North Shore Center for Outpatient Care**

102 Endicott Street
Danvers, MA

Enter through main entrance
Take elevator to the 2nd floor