

HAMPSHIRE GASTROENTEROLOGY ASSOCIATES, LLC
10 Main Street, Florence, Massachusetts 01062 (413) 586-8910 FAX (413) 584-7270
PRACTICE LIMITED TO GASTROENTEROLOGY AND LIVER DISEASE

David A. Berkman, MD
David Kalman, MD
Jaya Agrawal, MD

Joseph P. Tassoni, JR, MD
Michal Ganz, MD

COLONOSCOPY PREPARATION USING MAGNESIUM CITRATE

THREE DAYS before the test: STOP taking aspirin, aspirin-containing products, iron, fish oil, nonsteroidal anti-inflammatories (e.g., Advil, Motrin, ibuprofen, Aleve), and/or vitamin E (see medication list).

You may take Tylenol.

please read these instructions carefully one week before your exam so that if you have any questions they can be answered by our office staff rather than calling the emergency on call physician.

TWO DAYS before the test: Avoid raw fruits, raw vegetables, raw or cooked corn, salads, red Jell-O, beets, granola, nuts, and seeds.

You will need the following items, which can be purchased without prescription from your pharmacy:

- Four (4) bisacodyl 5 mg tablets AND
- One (1) 10-ounce bottle of magnesium citrate (refrigerate)

ONE DAY before the test:

Clear liquids only: water, seltzer, tea or coffee (without milk or non-dairy creamer), Gatorade, soda, broth, clear/non-citrus fruit juices, popsicles, and Jell-O. Drink at least 64 ounces of clear liquids.

****PLEASE AVOID red and purple liquids, dairy and soy products, and juices with pulp or sediment.****

At 10 a.m. take all four bisacodyl tablets with at least 8 ounces of clear liquid. Continue drinking clear liquids throughout the day. Between 4 and 5 p.m., drink all 10 ounces of magnesium citrate. Expect multiple loose stools.

Continue drinking 8 ounces of clear liquid every 30-45 minutes until bowel movements stop.

THE MORNING of the test:

You may take your regular medications with clear liquids **unless** otherwise instructed.

You may continue to have clear liquids up until (four) 4 hours prior to the procedure **unless** otherwise instructed.

If you will also have upper endoscopy, you may have clear liquids until six (6) hours prior to the procedures.

Please avoid all gum or hard candy 4 hours prior to the exam

Instructions for diabetics:

PLEASE NOTE: In order for this procedure to be performed, you **MUST HAVE RIDE HOME**. You will not be discharged from the Endoscopy Unit unless you are accompanied by a responsible adult who will either drive you home or accompany you home by taxi or bus.

REPORT TO: _____ Cooley Dickinson Hospital, Endoscopy unit, emergency entrance
_____ Valley Medical Group, 31 Hall Drive, Amherst

***STOP aspirin, aspirin-containing products,
nonsteroidal anti-inflammatories**

PROCEDURE DATE: _____

ARRIVAL TIME: _____

***STOP Coumadin on _____**