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COLONOSCOPY BOWEL PREPARATION

NAME: _____

DATE: _____ TIME: _____

PLACE OF EXAM: _____

A colonoscopy is an examination of the large intestine. The doctor will insert a thin flexible instrument called a colonoscope into the rectum and colon. You will be given medications so the procedure will not be too uncomfortable.

DO NOT TAKE ANY IRON MEDICATIONS OR BLOOD THINNERS INCLUDING ASPIRIN AT LEAST 4 DAYS PRIOR TO THE TEST.

The day before the colonoscopy, we ask that you follow the instructions to have a clean colon. If your colon is not clean, we cannot proceed with the test.

On The Day Before the Test, clear liquids when you wake up.

No solid foods the day before the test, or milk products.

Drink plenty of clear liquids (broth, jello, juice). No red jello.

Drink at least 10 (8oz) glasses of water or other clear liquids.

- 1 p.m. • Take 10 ounces of Magnesium Citrate
 • Take 4 Dulcolax tablets (not the stool softeners)
- 6 p.m. • Take 10 ounces of Magnesium Citrate
 • If you do not have a bowel movement by 9 p.m., please call the office.
 The answering service will page Dr. Clemmons and he will call you.

On The Day of the Test:

- One hour before leaving for your procedure take 1 Fleet Enema
- You may have clear liquids up to 2 hours prior to procedure then nothing by mouth
- Please be prepared to be in our office for 3 to 3 ½ hours.
- Plan to have someone drive you home after the exam.

Note: If you have a kidney condition or are on dialysis, do not take Magnesium Citrate.
Call the office for a substitute laxative.

All products are over the counter.

Purchase: 2 bottles of Magnesium Citrate Original (clear bottle not the red bottle)
 1 box of Dulcolax tablets (not the stool softeners)
 1 Fleet Enema (green and white box)

**Please remember a clean colon provides visualization for a quality procedure!!!
If you have any questions or do not understand the instructions, please do not hesitate
to call the office.**