

COLONOSCOPY INSTRUCTIONS

(Magnesium Citrate)

Colonoscopy requires introduction of a scope (long flexible tube with a light) into the large bowel. For a colonoscopy examination, it is essential that your large intestines be free of feces. Good bowel prep is very important for the test. **Do not eat any salads, fruits or vegetables on the day before the colonoscopy.** After your bowel prep, your bowels should be a clear yellowish fluid. It may take 2-4 hours for the prep to start working. **You will move your bowels at least 8-10 times.** If not, please call the doctor's office. It is very important that you follow the instructions carefully. If you have any questions about the instructions, please call our office.

1. THE DAY PRIOR TO THE TEST:

"Clear liquid diet" all day like apple juice, broth, soda, jello. **No red or green jello.** No salad, fruits or vegetables.

2. DO THE FOLLOWING THE DAY PRIOR TO THE TEST:

5:00 PM – One bottle of Magnesium Citrate (11 ounces) followed by four cups of clear liquid.

9:00 PM – One more bottle of Magnesium Citrate followed by four cups of clear liquid.

You will move your bowels about 10 times and they should be clear like water. Call if any problems. You may drink more liquid during this time.

3. ON THE DAY OF EXAMINATION:

DO NOT eat or drink anything after midnight on the evening prior to the test. (If exam is scheduled for after 11:00 AM, you may have clear liquids prior to 7:00 AM).

4. YOUR APPOINTMENT:

DATE & TIME: _____

PLACE: Twin Rivers Endoscopy Center
Roseberry Surgery Center/St. Luke's Warren Hospital
Easton Hospital SPU

You will not be permitted to drive after the test. Please make arrangements for someone to drive you home. Please call the office for any questions.