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**COLONOSCOPY PREPARATION – CITRATE OF MAGNESIA**

PATIENT NAME: \_\_\_\_\_ Chart #: \_\_\_\_\_

**APPOINTMENT LOCATION:**

\_\_\_\_ Carnegie Hill Endo: 1516 Lexington Avenue (98<sup>th</sup> Street) NY, NY 10029  
Phone:(212) 860-6300

**\*\* You must arrive 45 MINUTES prior to your appointment time to register\*\***

APPOINTMENT DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

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**PLEASE NOTE:**

- Do not take Aspirin one week before the procedure (Please check with your Primary doctor to confirm this).
- Do not take Iron products one week before the procedure.
- Avoid anti-inflammatory drugs (Advil, Motrin, Aleve, etc.) 1 day before the procedure.
- Please call us immediately if you are on Coumadin or Lovenox.
- Tylenol is ok to take up until the day before procedure.

ASK YOUR DRUGGIST FOR:

- 1) Two 10 oz. size bottles of Citrate of Magnesia (not cherry flavored)
- 2) Dulcolax tablets—you need four (4) tablets

*Note: Individual responses to laxatives do vary; this prep may cause multiple bowel movements. Often works within 30 minutes; may take as long as 4-6 hours. Please remain within easy reach of toilet facilities.*

**DIET: NO SOLID FOOD ON THE DAY BEFORE YOUR EXAMINATION. YOU MAY TAKE THE FOLLOWING ALL DAY:**

**ON THE DAY BEFORE COLONOSCOPY:**

Drink plenty of clear liquids- water, tea, coffee, broth, jello, fruit juice and carbonated drinks are included. **DO NOT TAKE RED LIQUIDS OR DAIRY**. Nothing should contain seeds or nuts.

**DRINK AT LEAST TWO (2) QUARTS OF THE ABOVE LIQUIDS ON THE DAY BEFORE COLONOSCOPY**

**DIRECTIONS FOR TAKING CITRATE OF MAGNESIA**

- 1) On the day before colonoscopy, at 1 pm take four (4) Dulcolax tablets.
- 2) At 4 p.m. take one bottle of Citrate of Magnesia with 10 oz. of water.
- 3) At 10 p.m. take the second bottle of Citrate of Magnesia with 10 oz. of water.

**NOTHING BY MOUTH THREE (3) hours PRIOR THE PROCEDURE. NOT EVEN WATER**

**You MUST have someone to accompany you to take you home after the procedure. Do not drive for 8 hours after the procedure.**

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT (212) 369 2490 AND WE WILL BE HAPPY TO HELP YOU.**

X \_\_\_\_\_ Please Sign and return instruction sheet of date of Procedure