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COLONOSCOPY PREPARATION– CITRATE OF MAGNESIA (Afternoon Procedures)

PATIENT NAME: _____ Chart #: _____

APPOINTMENT LOCATION:

____ Carnegie Hill Endo: 1516 Lexington Avenue (98th Street) NY, NY 10029
Phone :(212) 860-6300

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

APPOINTMENT DATE: _____ ARRIVAL TIME: _____

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: YOU MAY HAVE BREAKFAST AND LUNCH ON THE DAY BEFORE THE PROCEDURE.
CLEAR LIQUID DIET AFTER LUNCH--NO SOLID FOODS.**

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 OF colonoscopy, at 5am take four (4) Dulcolax tablets.
- 2) At 6 a.m. take one bottle of Citrate of Magnesia with 10 oz. of water.
- 3) At 10 a.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