



Magnesium Citrate Preparation for COLONOSCOPY
DO NOT USE THESE INSTRUCTIONS IF YOU HAVE SIGNIFICANT KIDNEY
DISEASE: call Dr. Kummer if you do or if you're unsure

1. You must purchase the following non-prescription items in the pharmacy: **a)** Simethicone (Mylicon™ or Gas-X™) drops or pills (small package: child or infant formula OK); **b)** One bisacodyl (such as Dulcolax™) suppository **c)** 4 bisacodyl or Dulcolax™ tablets; **d)** Two 10 ounce bottles of citrate of magnesia (Citroma™ and others)
2. **Call** Trinity Centre before starting these preparations if you take medication for **diabetes or heart disease, have an implanted defibrillator, or weigh more than 260 lb (118 kg)**. **Stop Plavix at least five days and Coumadin (warfarin) four days** before the exam. It is preferable to stop all aspirin-containing medication and St. John's Wort five days before the exam unless you have a stent or have had a heart attack or stroke.
3. For **2 days prior** to the colonoscopy, you should not eat rice, corn, lentils, peas, beans or nuts. **On the day prior to the colonoscopy**, eat nothing solid, but drink plenty of liquids. Jell-O, sherbet, and milk products are fine but not if colored red or purple. **Take all of your usual medications** on the day before the colonoscopy except _____ and as listed in step 2.
4. **At 10 AM on the day prior to the exam**, take the four bisacodyl tablets.
5. **At 1 PM on the day prior to the exam**, add a dropperful of the simethicone liquid to a bottle of citrate of magnesia, or take two of the simethicone pills, and then drink one 10 ounce bottle of citrate of magnesia over 20 minutes or less. You will begin to have watery bowel movements about 1 hour after drinking the solution.
6. **At 7 PM on the day prior to the exam**, repeat step 5. Stools will stop within two hours after you have stopped drinking the liquid. **If you have not had a bowel movement within 3 hours after taking the citrate of magnesia**, please call Dr. Kummer.
6. **At 6 AM, or at least two and one half hours before you leave** your home on the day of the colonoscopy, use one bisacodyl (Dulcolax®) suppository.
7. If your colonoscopy is scheduled for the morning, you should have nothing to eat or drink after midnight except **take your usual medications** for blood pressure, asthma, heart or thyroid conditions. **Please re-read instruction 7 now.**
8. If your colonoscopy is scheduled for the afternoon, you may drink clear liquids until 4 hours before your colonoscopy, but must not eat or drink anything else. **Take all of your usual morning medications** for blood pressure, asthma, heart or thyroid conditions. **Please re-read instruction 8 now.** Clear liquids mean that you can see through them. No liquids with particles, like orange juice.
9. Come to the 2nd floor of 111 Broadway in **Manhattan**, on _____ at _____ M. Please bring your insurance cards, the completed forms you received from my office (if this will be your first visit.)
10. Plan to spend about 90 minutes in the office. The colonoscopy itself will take about 20 minutes. You should not plan to drive, work, or operate machinery, tools or kitchen appliances for the rest of the day. **You must arrange for someone to take you home after the examination.** Your escort only needs to be available to pick you up. You will be able to call your escort. Without an escort, you will not be able to receive anesthesia, so your exam **may be canceled**. In the event a **polyp** is removed, you will have a ten day restriction on exercise and travel, so **plan accordingly**.
11. If you have any questions, **please** do not hesitate to **call**.