

# Extended Colonoscopy Preparation Instructions

**PURCHASE A 10oz BOTTLE OF MAGNESIUM CITRATE (OVER THE COUNTER)**

## 7 Days Prior To Procedure:

- Stop aspirin, aspirin containing products, Plavix, Aggrenox, Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Biloba, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
- Stop GLP-1 agonist medications: Mounjaro, Ozempic, Tirzepatide. Wegovy, Zepbound, Saxenda, Trulicity, Byetta, Victoza
- Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc. Tylenol is permitted.

**Begin a low fiber diet:** Look for foods that have no more than 1 to 2 grams of fiber in one serving.

**Avoid:** popcorn, nuts, corn, beans, raw vegetables, seeds, dried fruit, coconut, whole grains, wheat germ and bran, brown rice, wild rice, oatmeal, granola, shredded wheat, quinoa, bulgur and barley, dried beans, baked beans, lima beans, peas and lentils, and Chunky peanut butter.

**Choose these foods:** Tender meat, fish and poultry, ham, bacon, shell fish, and lunch meat. Eggs, tofu and creamy peanut butter. Dairy products if tolerated. White rice and pasta. Baked goods made with re refined wheat or rye flour, such as bread, biscuits, pancakes, waffles, bagels, saltines and graham crackers. Hot and cold cereals that have less than 2 grams of dietary fiber in a single serving. Cereals made with rice cereals often have very little fiber. Canned or well-cooked potatoes, carrots and green beans. Plain tomato sauce. Vegetable and fruit juices. Bananas, melons, applesauce and canned peaches (no skin). Butter, margarine, oils and salad dressings without seeds.

## 3-5 Days Prior To Procedure

- Stop all anti-coagulant or anti-platelet medications. (Coumadin/Warfarin, Xarelto, Pradaxa, Persantin Lovenox, anti-platelet agents: Ticlid or Plavix.)

**\*\*You must consult with your cardiologist or primary care physician regarding discontinuing these medications. If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure so that he can discuss with your doctor.**

**2days before the procedure between 2 and 4pm: Drink 10oz bottle of Magnesium Citrate and begin clear liquid diet**

You will need to go on a clear liquid diet 2 days prior to the procedure. NO SOLID FOODS. You can drink clear liquids up to 3 hours prior to the appointment. Avoid juices with pulp such as orange or grapefruit juice. No dairy products, cream or soy. Coffee and tea are acceptable. Examples of clear liquids include broth or bouillon, Jell-O, clear juices, sports drinks such as Gatorade, sodas such as Sprite, 7-Up, or ginger ale, lemonade, Popsicles, coffee or tea and of course, water. Avoid red or purple colored liquids. You may use sugar, honey or lemon.

*Any of the following liquids are OK to drink*



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white-cranberry



Limeade or lemonade



Coffee or tea. DO NOT use any dairy or non-dairy creamer



Chicken broth



Gelatin desserts without added fruit or toppings (NO RED OR PURPLE)

**DO NOT DRINK ANY FLUIDS 3 HOURS PRIOR TO PROCEDURE**

**AFTER YOUR COLONOSCOPY**

1. Because you are receiving light anesthesia, you must have an adult (18 years or older) accompany you home. The driver must be flexible as the procedure may run longer than expected.
2. The person driving you must accompany you at check in for confirmation and instructions for pick up.
3. You should not plan to work, schedule other appointments or meetings following your procedure. You should not drive for the remainder of the day.
4. After your procedure is completed, you may experience some cramping or bloating because of the air introduced into the colon during the examination. This should settle down with the passage of gas.

5. Generally you should be able to eat after your procedure, but your doctor may restrict your diet and activities, especially if a polyp was removed.

#### HELPFUL HINTS

1. You should be prepared to be near the bathroom during this preparation. The laxative can take effect within 1-4 hours.
2. The laxative will cause you to have very loose, watery stools. That is the goal. Take the entire laxative to be sure your colon will be well prepped for viewing.
3. Consider having a soothing cream such as Vaseline, A&D, or Desitin cream available to reduce irritation from frequent bowel movements.
4. Please pay close attention to the directions concerning what you should and should not eat and drink to avoid having to reschedule your procedure.
5. You should allow enough time for the laxative to finish working before traveling.

**Please call our office at (650) 988-7530 if you have any further questions.**