

ROCKFORD  
GASTROENTEROLOGY  
ASSOCIATES  
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You have been scheduled for a colonoscopy. A colonoscopy is a procedure that will allow your doctor to inspect the inner lining of the colon for evidence of abnormalities such as polyps and colon cancer. The process of cleaning your colon out is the most important step prior to your procedure. It is **vital** that you follow the instructions below for taking the “bowel prep solution.”



**Obtain from the pharmacy or store:**

- 2 (10 ounce) bottles Magnesium Citrate (non-red). No prescription needed.**
- 2 quarts of Gatorade, non-red**
- Three 5mg tablets of Dulcolax (Bisacodyl) tablets you can buy over the counter**

**Instructions for 2-dose Magnesium Citrate (“bowel prep solution”)**

**\*\*\* DO NOT take this preparation if you have liver, heart, or kidney failure.**

**\*\*\*\* SPECIAL INSTRUCTIONS: If you have diabetes or are taking a blood thinning medication, you will need special instructions for your medication prior to your colonoscopy.**

**Clear liquid diet**

- ◆ Your colon must be completely empty and clean in order to get the best results from your colonoscopy.
- ◆ One day before your procedure and bowel prep solution, your doctor will place you on a clear liquid diet.
- ◆ A liquid is considered clear if you can see through it.

**Please avoid red or purple clear liquids. Clear liquids are those you can “see through.”**

Examples include:

Water or strained fruit juice without pulp (apple, white grape)

Tea or coffee without milk or creamer

Clear broth or bouillon


Ginger-ale, lemon-lime soda, or lemonade




Sports drink (e.g., Gatorade)

Kool-Aid or other fruit flavored drinks

Plain Jell-O (not red or purple) without added fruit or toppings

Ice popsicles or hard candy

<p><b>At least 7 days before your procedure</b></p> <p>Date: _____</p>	<ul style="list-style-type: none"> <li>• Arrange for someone to drive you to and from your procedure.</li> <li>• Check which medicines you may need to stop, especially if you are taking any blood thinning medications such as Coumadin, Plavix, Lovenox.</li> <li>• The person who is driving you to your appointment must stay in the building during the <b>entire</b> length of your procedure.</li> <li>• If you have diabetes, let the nurse know.</li> <li>• If you are taking Coumadin, please consult with your doctor monitoring your Coumadin medication.</li> </ul>	<ul style="list-style-type: none"> <li>• DO NOT take medications with iron, including multivitamins.</li> <li>• DO NOT take pills with oils such as Fish Oil, Vitamin E, or Castor Oil.</li> <li>• It is OK to take baby aspirin (aspirin 81 mg).</li> </ul>
<p><b>***3 days before NO fruits with skins, NO raw vegetables, NO nuts or seeds, NO corn or popcorn, and NO bulk gents such as Metamucil or Citrucel.</b></p>		
<p><b>1 day before your procedure</b>      Date: _____</p>		
<p><b>During the day</b></p> 	<ul style="list-style-type: none"> <li>• When you wake up, start drinking <b>ONLY CLEAR LIQUIDS ALL DAY. NO RED LIQUIDS.</b></li> <li>• Drink 8 ounces of clear liquid for every hour that you are awake.</li> </ul>	<ul style="list-style-type: none"> <li>• DO NOT eat any food.</li> <li>• Clear liquid only, see list of clear liquids examples.</li> <li>• DO NOT drink ALCOHOL.</li> </ul>

<p><b>4 p.m.</b></p> 	<ul style="list-style-type: none"> <li>• Take three Dulcolax (Bisacodyl) 5 mg tablets, each with at least one full glass (8 fl. oz.) of clear liquid.</li> </ul>	<ul style="list-style-type: none"> <li>• Dulcolax (Bisacodyl) usually works within 8 hours. DO NOT worry if nothing happens from this medication before you start to drink the preparation solution.</li> </ul>
<p><b>5 p.m.</b></p> 	<ul style="list-style-type: none"> <li>• Drink 1st bottle of Magnesium Citrate (10oz). No need to mix with anything.</li> </ul>	<ul style="list-style-type: none"> <li>• Stay near a bathroom after drinking the bottle.</li> <li>• You may not see results after the 1st bottle.</li> </ul>
<p><b>5-10 p.m.</b></p> 	<ul style="list-style-type: none"> <li>• Drink one large glass of Gatorade every hour.</li> <li>• Be sure to finish 2 large bottles of Gatorade (2 quarts).</li> <li>• Drink other clear liquids during this time.</li> </ul>	<ul style="list-style-type: none"> <li>• If you feel bloated, slow down on drinking the Gatorade and other liquids.</li> </ul>
<p><b>At bedtime</b></p>	<ul style="list-style-type: none"> <li>• Continue to only drink clear liquids until bedtime.</li> </ul>	<ul style="list-style-type: none"> <li>• You may need to use the bathroom during the night.</li> </ul>

Day of your Procedure

Date: \_\_\_\_\_

In the morning **4 hours** before appointment



- Drink the 2nd bottle of Magnesium Citrate and one large 12 oz glass of clear liquid.
- You can take your **normal** medications on the day of your procedure with small sips of water (unless otherwise instructed).

- **YOU MUST FINISH DRINKING AT LEAST 3 HOURS BEFORE YOUR ARRIVAL.**
- Call your doctor's office if you have questions.
- You cannot drink **ANYTHING within 3 hours prior** to your procedure.
- **DRIVER MUST STAY DURING YOUR APPOINTMENT.**



### Am I prepared for my colonoscopy?

Refer to the photos of stool colors above. You want your stool to be clear.

- ◆ After drinking both bottles of Magnesium Citrate along with other liquids, your bowel movements should be liquid, yellow, and clear like pictures #4 or #5. If so, you are ready to go!
- ◆ If your bowel movements are solid or look like pictures #1, #2, or #3 you are not prepped and will need to call Rockford Gastroenterology at 815-397-7340 and speak to a nurse.

### After the procedure:

It is recommended that **after** your procedure, you drink at least 2-3 quarts of Gatorade (or other clear fluids) to prevent dehydration.