

COLONOSCOPY – DR. SILVERMAN

CITRATE PREP

Procedure date: _____

Arrival Time: _____

Preparation:

Colonoscopy is an examination of the colon (large bowel) with a flexible tube about the thickness of your pinkie finger which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a colonoscopy but your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation. It is EXTREMELY important for you to drink large amounts of clear liquids while doing this bowel cleansing prep.

Risks:

Please note that no procedure is 100% guaranteed and all include some risk. The decision to proceed with the procedure is taken after evaluating the risks and benefits of the procedure. Serious complications are rare but are not limited to perforation of the colon, bleeding, infection, reaction to medicines, and the need for surgery or transfusion due to complications.

Purchase at the Pharmacy:

- Two (2) 10 oz. bottles of Citrate of Magnesia
- Four (4) Dulcolax laxative tablets
- Plain or aloe baby wipes (prevents a sore bottom) OPTIONAL
- Desitin or A&D Ointment (prevents a sore bottom) OPTIONAL
- Clear Liquids (see list below) and drinking straws

One Week Prior to the Procedure:

- **DO NOT** take iron pills or medications that may cause bleeding. These medications may include: Plavix, Coumadin, Aspirin, Percodan, Alka-Seltzer.
- You **MUST STOP** taking any anti-inflammatory type drugs, including: Empirin, Ectorin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naprosyn, Naproxen, Clinoril, Piroxicam, Fedene, Indomethacin, Indocin, Diclofenac, and Voltaren.
- **STOP** taking all multivitamins and Vitamin E.

Tylenol and other brands that contain ACETAMINOPHEN **are safe to use** prior to this procedure.

The day Prior to the Procedure:

- This day’s diet will consist of CLEAR LIQUIDS ONLY. This includes: water, soda, clear broth (fat free chicken or beef) Gatorade, Kool-Aid, Jell-O, Popsicles, coffee or tea without milk/non-dairy creamer, clear fruit juices (apple, white grape, white cranberry) and hard candies. DO NOT ingest RED Liquids or RED Jell-O.
- You must drink at least two quarts of the above liquids throughout the day.
- At 4 PM, take four (4) Dulcolax (Bisacodyl) tablets with 8 oz. clear liquid.
- At 6 PM, take one (1) bottle of Citrate of Magnesia
- For early morning exams, take the second bottle of Citrate of Magnesia at 10 PM
- For late morning exams, take the second bottle of Citrate of Magnesia at 6 AM on the day of the procedure.
- The preparation will cause you to have very loose stools, which is the intended result. You may then drink all the clear liquids you desire until midnight. No further drinking is allowed until after the procedure is completed the following day. Do not take medicines within one hour of the bowel preparation.
- Individual responses to laxatives vary greatly. This preparation often works within one hour, but may take longer than four hours. Remain close to a toilet as multiple bowel movements may occur.

Day of the procedure:

- **DO NOT EAT OR DRINK ANYTHING** (EXCEPTION: ATERNOON Procedures – follow your doctor’s instructions)
- If you take medication, you may have it in the morning with a small amount of water. This means **NO MORE** than a few **SMALL** sips of water. You may brush your teeth.
- Bring your driver’s license and insurance cards.
- You must be accompanied by a relative or friend who will drive you home. You **CANNOT DRIVE** after your procedure. You **CANNOT** go home in a taxi, Uber, Lyft, or by bus. If you do not follow these instructions, your procedure may be cancelled.

Special Instructions:

_____ Hold morning dose of insulin on the day of the procedure, but bring your insulin to the facility.

_____ If you have an artificial heart valve or have a previous history of endocarditis, joint replacement or other specific indication, your doctor may prescribe pre-procedure antibiotics.

_____ Stop aspirin, anti-inflammatory medications such as ibuprofen (Advil, Aleve, Motrin) 7 days before the procedure. You may take Tylenol (acetaminophen).

_____ Bring a list of the medications (including dosages) and any allergies to medication or conditions that could make you sensitive to sedation, such as sleep apnea syndrome, to the facility with you.

Other Special Instructions: _____

Commonly Asked Questions:

How do I know my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self-administer a soap water or fleet enema prior to leaving home for the procedure.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur as well as some nausea and vomiting. This is usually temporary and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur especially if you have not taken enough fluid with the prep and can be remedied by increasing fluid intake.

Will the prep interfere with my other medications?

Medications taken at least an hour before beginning a prep should be adequately, but thereafter, they are likely to be washed away by the prep.