

EAST SIDE ENDOSCOPY

380 2nd Avenue (22nd ST), Concourse A
New York, NY 10010

BETH ISRAEL MEDICAL CENTER

16th Street and 1st Avenue, Endoscopy 8 Dazian
New York, NY 10003

COLONOSCOPY PREPARATION

Please buy at the pharmacy:

1. **Magnesium Citrate:** You need to buy 2 bottles- not red colored
2. **Dulcolax :** 2 tablets

Diet: (READ THIS FIRST!!)

DO NOT EAT SOLID FOOD THE ENTIRE PREP DAY (the day before the colonoscopy.) Clear liquids and milk drinks only may be consumed the entire prep day:

*Apple juice

*Soda

*Tea or coffee with sugar

*Italian ices

*Sherbet

*Soup broth without anything solid

*Gatorade

*Jell-O

*Milk and milk shakes

*Plain ice cream

General Instructions: The colonoscopy preparation is sometimes challenging but is extremely important. Without a good prep, your doctor is more likely to miss polyps or other abnormalities. Most people will start their prep between 4-6 PM, so that the cleansing will be mostly finished by 10pm to 12am, but other start times are OK. Nausea, fullness, and cramps are common and usually mild. Make plans to have an escort accompany you home. You will not be able to drive for 24 hours.

Day of Prep:

1. **Drink one 10 oz bottle of magnesium citrate at 6 PM followed by 4 glasses of water (8 oz glass)**
2. **Take the second 10 oz bottle of magnesium citrate at 10pm follow by 4 glasses of water.**
3. **Take 2 Dulcolax after finishing the 10 PM magnesium citrate.**

Day of the procedure: Do not eat or drink anything. Take your morning medications with a sip of water, esp. blood pressure, heart, and anxiety/pain medications.

***Check with the office about diabetic meds and blood thinners.**

****For patients with prior constipation problems: Drink a third bottle of magnesium citrate at 6pm the night before the prep day (i.e. two nights before the colonoscopy)**

*****Reduce or eliminate vegetables, fruit, seeds and nuts for 3 days prior to the procedure. This helps with visualization during the procedure.**

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