

# ALTERNATE



70 Thomas Johnson Drive, Suite 120 Frederick, MD 21702

Phone (301) 624-5566

## Colonoscopy Preparation Instructions

### IN ADVANCE OF YOUR PROCEDURE

If you take any of the medications listed below, please be sure you have discussed them with Dr. Kossoff prior to your procedure:

- **Aspirin, Ibuprofen, Aleve, any other prescription or non-prescription pain or anti-inflammatory medication (NSAIDs)**
- **Ticlid, Aggrenox, Plavix, Coumadin, Warfarin, or any other blood thinner,**
- **Iron supplements (stop one week prior to colonoscopy)**
- **Fish oil supplements (stop one week prior to colonoscopy)**

***Purchase the following over-the-counter items at a grocery or drug store:***

- Two (2) 10 oz bottles of Citrate of Magnesium (cherry, grape or lemon lime) **MUST BE CLEAR**
- Eight (8) Dulcolax-brand tablets (LAXATIVE TYPE, not stool softener; not suppository)  
*You may refrigerate the Citrate of Magnesium overnight to chill, or mix it with ginger ale/7-Up.*

**THE DAY BEFORE your procedure starting when you awake:**

- **NO SOLID FOODS. CLEAR LIQUID DIET ALL DAY starting when you awake.**
- **NO RED OR PURPLE COLOR** liquids
- See next page Clear Liquid Diet for details on what is allowed for this day's diet.

**THE EVENING BEFORE your procedure:**

- **5:00 PM**, drink one (1) bottle of Citrate of Magnesium and take four (4) Dulcolax tablets.
- **You will want to be home for the remainder of the day (for frequent trips to the bathroom).**
- Drink at least 24 ounces of clear liquid throughout the evening before midnight, **in addition to** all of the clear liquids that you drank earlier in day.

**THE DAY OF your procedure:**

- **Five (5) hours before your procedure time**, drink one (1) bottle of Citrate of Magnesium and take four (4) Dulcolax tablets.

**You may have only clear liquids until 2 hours before you leave home for your procedure.**

**Please take your usual medications with a small amount of water (exceptions in first paragraph).**

**If you take certain medications, the following applies:**

- **Blood pressure** pills must be taken on the morning of the procedure.
- **Diabetic oral** medications should not be taken the morning of the procedure.
- **Insulin** is typically reduced to 1/3 to 1/2 of your usual insulin dose, but be sure to discuss the exact specifics with Dr. Kossoff.

**YOU MUST HAVE A RIDE HOME FROM THE PROCEDURE.**

**Be sure to retrieve your post-op discharge instructions from your escort after you return home.**

**THE DAY AFTER THE PROCEDURE, YOU WILL BE ABLE TO RETURN TO YOUR REGULAR ACTIVITIES.**

If you have any questions on the above instructions, please call the office at **(301) 624-5566** or if after hours, follow the instructions to reach the physician on call.



# Optimal Digestive Care

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## **CLEAR LIQUID DIET ONLY CLEAR (TRANSPARENT) LIQUIDS ALLOWED** **ALL DAY the day before your Colonoscopy**

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed, however cherry or grape Citrate of Magnesium is allowed.

## **NO SOLID FOOD all day long the day before the procedure.**

### **ONLY CLEAR (TRANSPARENT) LIQUIDS ALLOWED:**

**Tea or Coffee** (decaffeinated or regular)  
**(No MILK, NO CREAMER)**

**Fruit “flavored” drinks - No Red or Purple**

**Sodas, Carbonated beverages** (regular or diet) - **No Red or Purple**

**CLEAR pulp-free Fruit Juices**  
**(No orange juice, No grapefruit juice, No pulp)**

**Apple juice**

**White grape juice**

**Lemonade**

**Iced tea**

**Gatorade/G2, PROPEL, SMART WATER, POWERAID ETC - No Red or Purple \*\*good for electrolytes\***

**Clear Broth** (chicken or beef)-**canned or bouillon**

**Jell-O** (regular or sugar free) - **No Red or Purple**

**Popsicles - No Red or Purple**

Salt, Sugar, Artificial Sweeteners

**NO MILK, NO CREAMER, NO NON-DAIRY “CREAMERS”**