

American Fork Hospital Endoscopy  
170 N 1100 E, American Fork  
801-855-3361

## COLONOSCOPY PREPARATION

**VERY IMPORTANT! Read and follow instructions or we will not be able to follow through with the procedure.**

1. Buy 3 bottles Magnesium Citrate (10 fluid ounces each). (Can purchase at most pharmacies, no prescription needed) **IF YOU HAVE KIDNEY DISEASE PLEASE DO NOT TAKE THIS LAXATIVE. CALL US FOR FURTHER INSTRUCTIONS.**
  2. If you are taking Warfarin (Coumadin), Clopidogrel (Plavix) or any other blood thinners call us at 801-855-3361; you will need to go off blood thinner medication (the length of time off these types of medications varies). **Do not go off without your doctors' approval.**
  3. Three days prior to your procedure start a low fiber diet\*. On the day before the procedure start a clear liquid diet.
  4. **Drink only \*clear liquids (NO SOLID FOOD!) the entire day before the exam.** (For example: If your appointment is on Monday, you may not have any solid foods at all (NO breakfast, lunch, or dinner) on Sunday, ALL DAY!)
  5. At **6:00 pm** the day before the exam drink 1½ of the 3 bottles of laxative. Drink at least three or more glasses of clear liquids. You must not throw up the prep or we will be unable to perform the procedure. Drink at least three or more glasses of clear liquid before bedtime.
  6. The day of the exam, **four hours prior to your procedure** drink the remaining 1½ bottles of laxative. Drink at least three or more glasses of clear liquids. You must not throw up the prep or we will be unable to perform the procedure.
  7. **Nothing by mouth a minimum of 2 hours prior to your procedure! Drinking prior to a sedated procedure puts you at risk for aspiration pneumonia.**
- 
- Take your regular medications the day before the procedure but hold them the day of the exam until after you are finished (unless it is a blood thinner, see above).
  - Arrive for your appointment at **American Fork Hospital. On the South side of the hospital,** you may park and enter the Same Day Surgery entrance located at the South East area of the American Fork Hospital.
  - Since sedation is utilized, **YOU MUST BRING A COMPANION WITH YOU** who is responsible and will stay with you for the entire time you are here. Plan on being here for **2-4 hours**. This person will drive you home after your procedure. You will not be able to go back to work or drive for 12 hours following the procedure.
  - \* **Examples of clear liquids:** Water, clear fruit juices (no pulp), bouillon, Coffee and Tea (no cream), Plain Jell-O and Popsicles, soda pop, Gatorade etc. **Nothing with red or purple coloring!!!** No dairy products!
  - \* **Low fiber diet:** Do not eat raw vegetables, raw fruits, fruit juices with pulp, canned pineapple, nuts, seeds, or popcorn.
  - **If you have questions please call 801-855-3361. Thank you.**

### Magnesium Citrate

Oral Solution  
Lemon Flavor

Laxative



Size: 10 fl oz (296ml)