

Digestive Disease Care for All (DDCA)
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INSTRUCTIONS FOR 2 DAY COLONOSCOPY PREP

NOTE: If you are taking Coumadin, Plavix, Aspirin or any blood thinners you must stop these medications (3) days prior to your procedure.

1. On _____ (TWO DAYS PRIOR TO YOUR TEST) You must do the following:
 - a) No special diet to follow on this day.
 - b) You will need to take (4) Dulcolax Laxative tablets in the evening (between 6-8 pm).
 - c) You will need to drink (1) bottle of Magnesium Citrate (clear Flavor ONLY) in the evening (between 6-8 pm).

2. On _____ (THE DAY PRIOR TO YOUR TEST) You must do the following:
 - a) For the **ENTIRE** day you need to be on a **CLEAR LIQUID DIET!** You may have Broth, Coffee, Tea, Soda, Apple Juice, White Grape Juice, Clear Cranberry Juice, Gatorade, Jell-O, Popsicles (NO Red or Purple), and Water. You may **NOT** have any Milk Products or Citrus Juice.
 - b) You will need to take (4) Dulcolax Laxative tablets at 2:00 PM.
 - c) You will need to drink (2) bottles of Magnesium Citrate. (Clear-Flavor's Only)
Drink 1 bottle and (8 ounces of clear fluids at 4:00pm)
Drink 1 bottle and (8 ounces of clear fluids at 7:00pm)
 - d) It is very important to drink **plenty of clear liquids** throughout the day to help properly prepare you for your procedure.

NOTHING BY MOUTH AFTER MIDNIGHT PRIOR TO PROCEDURE

2. On the day of your test _____, you are to arrive at Surgery Center of Lakeland Hills Boulevard 1 hour prior to your procedure, at _____ here you will get registered and prepped for your procedure at _____.
3. Be sure to bring someone to drive you back home as you will be sedated for your test
4. Finally remember a good prep is an invaluable contribution to the best results for your test.

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