

## COLONOSCOPY PREPARATION INSTRUCTIONS

- Purchase three 10 Ounce bottles of lemon Magnesium Citrate at your pharmacy.
- Entire day prior and day of procedure follow clear liquid diet.
- At 4 PM the day before your procedure, drink one 10 ounce bottle.
- At 6 PM the day before procedure, drink second 10 ounce bottle.
- 6 hours before the arrival time of procedure, drink third 10 ounce bottle. NO food or drink after the third bottle.

Please report to the Endoscopy Center at Beth Israel Deaconess Hospital -Milton

at: \_\_\_\_\_ am/pm Date: \_\_\_\_\_

You will be receiving sedation for your colonoscopy and may not drive yourself home or take any other transportation alone such as: bus, subway, train, taxi or by foot without a competent adult present (this does not include a taxi driver).

**\*\*\*Please make prior arrangements to be picked up following your colonoscopy.\*\*\***

You may stay on your Aspirin but if you are on Ibuprofen, Coumadin, Plavix, Warfarin, Pradaxa or Eliquis, speak to your prescribing Physician or Cardiologist about stopping this medication prior to your colonoscopy. We require written consent orders from this prescribing physician.

It is advisable that you contact your medical insurance carrier to confirm that your colonoscopy is a covered service under your policy. Please obtain a referral authorization from your Primary Care Physician if required by your insurance.

If you have any questions or concerns, please call our office at 617-698-8855

**Please use the Highland Street entrance, 100 Highland Street Milton,  
MA 02186  
The Endoscopy Center is down one floor**

### **Cancellation Policy**

Please notify us within 72 hours of your scheduled appointment if you need to cancel to avoid a possible fee of \$200.00.

<b>CLEAR LIQUID DIET</b>		
<b>FOOD GROUP</b>	<b>RECOMMEND</b>	<b>AVOID</b>
Milk & milk products	none	all
Vegetables	none	all
Fruits	Fruit juice (without pulp)	all red nectars, all fresh/canned and frozen fruits
Breads & Grains	none	all
Meats or meat substitutes	none	all
Fats & oils	none	all
Sweets & desserts	Gelatin, fruit ice, popsicles (without pulp), clear hard candy	all others- all RED and GRAPE
Beverages	Coffee, tea, clear soft drinks & Gatorade, water, supplements <i>if</i> approved by physician	All others
Soups	Bouillon, consommé fat free broth	

<b>SAMPLE MENU</b>		
<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Strained fruit juice, 1 cup	Consommé ¾ cup	Consommé ¾ cup
Gelatin, 1 cup of hot tea with sugar	Strained fruit juice, 1 cup	Strained fruit juice, 1 cup
Hot tea with lemon	Fruit ice, 1 cup gelatin, ½ cup hot tea with sugar & lemon, Gatorade-helps avoid dehydration	Fruit ice, 1 cup Gelatin, ½ cup hot tea with sugar & lemon