



CHRISTIE CLINIC  
Medicine for Your Life

# Patient Instructions

## COLONOSCOPY (PM)

\_\_\_\_\_  
Patient's name

\_\_\_\_\_  
Date of procedure

\_\_\_\_\_  
time of arrival

### How do I prepare for the procedure?

- 1 week before the exam, stop taking aspirin
- 3 days before the exam, stop taking Advil, Nuprin, Aleve and Ibuprofen
  - o Tylenol is permitted
  - o Please inform us if you are taking Coumadin, any other blood thinner or any diabetic medication
  - o Do not take any arthritis medication unless approved by your Gastroenterologist
- 1 full day (the entire day) before your exam, (NOT just 24 hours before), starting at breakfast time have only a clear liquid diet all day.
  - o Examples Include:
 

7-Up®	Squirt®	Beef, chicken or vegetable broth
Dr. Pepper®	Slice®	Gatorade or other sport drinks
Coke®	Pepsi®	Apple, grape or cranberry juice
Mountain Dew®	Sprite®	Hot or iced tea
Ginger ale	Water	Black coffee
  - o You may eat Popsicles or plain Jell-O -- any flavor without red coloring and no fruit added. DO NOT DRINK any milk or milk products, orange or grapefruit juice.
- At 6:00 p.m., take 2 Dulcolax laxative tablets with 10 ounce bottle of magnesium citrate. Drink at least 4 (four) 8 oz. glasses of clear liquid of your choice, within 2 to 3 hours after each laxative dose.
- On the day of your exam, have only clear liquid diet until 9:00 AM, then nothing after that time until after your exam.
  - o You may take your routine medications unless told otherwise by the Gastroenterologist.
- At 7:00 AM, take 2 Dulcolax laxative tablets with 1 10 ounce bottle of magnesium citrate.
- Please report to the Registration Desk of Presence Covenant Medical Center (1400 West Park Street, Urbana, IL 61801)
- Be sure that someone is with you to drive you home. Your ride must be confirmed by the Procedure Center before your procedure. A taxi or bus is not acceptable unless you have someone to accompany you.

If you are unable to keep the appointment, please cancel at least 24 hours before your scheduled time by calling the Gastroenterology Department at 217-366-6162