



Solstice Medicine & Wellness, LLC

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Colonoscopy Prep Instructions - Magnesium Citrate with Reglan and Dulcolax

The following preparation must be followed exactly as outlined.

ONE WEEK BEFORE:

- Stop taking any iron supplements

THREE (3) DAYS BEFORE THE PROCEDURE:

- Stop taking Vitamin E, Motrin, Advil, Aleve, Ibuprofen, etc. **You may continue aspirin.**
- If approved by your physician, stop taking any blood thinners (Coumadin, Warfarin, Plavix, Xarelto, etc.).
- If you are **diabetic and taking insulin**, please decrease your amount by half (50%) while on a clear liquid diet.
- Purchase the following items from your pharmacy. A written prescription is required:
 - Two (2) bottles of magnesium citrate (10 ounces). **Do not purchase red (cherry flavor).**
 - One (1) package of Dulcolax tablets (laxative).
 - Reglan 5 mg (metoclopramide) x 1-2 doses.

DAY BEFORE YOUR PROCEDURE:

Mid-afternoon or evening, start your golytely prep with a large glass of water, the first Reglan 5 mg, and four (4) Dulcolax tablets.

1. You must follow a clear liquid diet **ALL DAY - no red or purple liquids**. No solid foods, milk, or milk products. Choose from the following:
 - a. Apple juice
 - b. Sprite
 - c. Ginger Ale
 - d. Fresca
 - e. Tea and coffee (sweeten with honey, sugar, or sugar substitutes - NO MILK)

- f. Jell-O (no red or purple)
 - g. Popsicles (orange or lemon-lime ok)
 - h. Vitamin Water or Gatorade (orange or lemon-lime ok)
 - i. Clear soup, broth (vegetable, beef, or chicken)
 - j. White grape juice
2. Continue to follow a clear liquid diet through the evening to prevent dehydration.

PROCEDURE DAY (if your colonoscopy is scheduled after noon):

1. Five (5) hours before your scheduled arrival time, you need to drink the entire content of the **second bottle of magnesium citrate** and one 8 oz glass of water.
2. **You should only have something else to drink (or eat) after your procedure** (except the approved medications with a small sip of water). Please call the office if you need clarification on which medications should be continued or held before your procedure. Please contact our office if you are on insulin or a blood thinner.
3. **Due to the sedation used, you must have a friend or family member available to provide you with transportation to and from the procedure.**

Additional Instructions for Afternoon Procedure:

For procedures scheduled after 12 p.m., it is okay to drink clear liquids (black coffee or tea without sugar or milk, water, 7UP, ginger ale, or apple juice) until 6 hours before the start time of the procedure.

DO NOT EAT ANY SOLID FOOD AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE

- Procedure scheduled at 1 pm: You may have clear liquids up until 7 am
- Procedure scheduled at 1:30 pm: You may have clear liquids up until 7:30 am
- Procedure scheduled at 2 pm: You may have clear liquids up until 8 am
- Procedure scheduled at 2:30 pm: You may have clear liquids up until 8:30 am
- Procedure scheduled at 3 pm: You may have clear liquids up until 9 am
- Procedure scheduled at 3:30 pm: You may have clear liquids up until 9:30 am

If you need to reschedule or cancel, please call our office a **minimum of 24 hours prior** at (907) 456-6334.

LOCATION: Surgery Center 2310 Peger Rd