



Lawrence Internal Medicine, P.A.  
*Care to Maintain & Improve your Health!*

**DR KENNETH KIMMEL**

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[www.lawrenceintmed.com](http://www.lawrenceintmed.com)

## **PREPARATION FOR COLONOSCOPY—MAGNESIUM CITRATE**

Your appointment is at LMH South (Clinton Parkway and Kasold) on \_\_\_\_\_.  
Please arrive at \_\_\_\_\_ and you must bring a driver.

1. Please purchase two (2) bottles of Magnesium Citrate, 10 ounces each. This is available at any pharmacy without a prescription. This is the bowel cleanser that you will need before your colonoscopy.
2. Please bring a complete list of your medications. You may write them down on the back of this sheet and bring this with you to your appointment. You must also bring your identification and insurance cards.
3. You will be sedated for your procedure and you **MUST** bring a responsible adult with you, who can listen to Dr. Kimmel's report and drive you home afterwards.
4. If you take Coumadin/Warfarin or Insulin or if you have heart or kidney failure, please contact your primary care physician for permission and/or any special instructions.
5. Do not plan to operate machinery or conduct important business for at least 12 hours after your procedure. You will be at LMH South for approximately 2.5 hours.
6. In the event of any change in your plans, please contact the Lawrence Internal Medicine, P.A. staff immediately at 785-842-7200.

### **PREP INSTRUCTIONS:**

**DAY BEFORE COLONOSCOPY:** You may eat breakfast, and then eat only a clear liquid diet the rest of the day. Liquids allowed are water, tea, coffee (no creamer), apple juice, bouillon, any type of plain Jell-O, sports drinks and pop. **AVOID CONSUMING PRODUCTS CONTAINING RED FOOD COLORING**, including jell-o, pop and sports drinks.

**FIRST DOSE OF LAXATIVE:** Take at 5 or 6PM

- Drink one 10oz. bottle of Magnesium Citrate.
- Drink at least 24oz. of clear liquids following the laxative.

**SECOND DOSE OF LAXATIVE:** Take at 5AM on the morning of the procedure.

- Drink the second 10oz. bottle of Magnesium Citrate.
- Drink at least 16oz. of clear liquids following the laxative.

**PRIOR TO YOUR PROCEDURE:** You may have a glass of clear liquid or black coffee if you wish, up until one (1) hour prior to your arrival time

**DAY OF PROCEDURE:** Please wear a loose fitting, two piece outfit.

Dr. Kimmel's Office Phone: 785-842-7200

LMH South Endoscopy Center Phone: 785-505-3710

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