

PREPARING FOR YOUR COLONOSCOPY—MAGNESIUM CITRATE

Your appointment is at Lawrence Memorial Hospital Endoscopy Center, first floor of Lawrence Memorial Hospital. Please check in at the Admissions desk located on Arkansas Street (West side of hospital).

Your appointment is on

Please arrive at _____ and you must be accompanied by a responsible adult.

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. Do not wear contact lenses, tongue or lip rings, lipstick, mascara, fingernail polish or other cosmetics to your appointment.
3. 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.
4. You will be sedated for your procedure and you **MUST** bring a responsible adult with you, **who will need to remain with you at the hospital throughout the procedure, can listen to Dr. Kimmel's report, and drive you home afterwards.**
5. If you take Coumadin/Warfarin, or Insulin or if you have heart or kidney failure, please contact your primary care physician for any special instructions.
6. Do not plan to operate machinery or conduct important business for at least 12 hours after your procedure. You will be at the facility for approximately 3 hours.
7. This time is reserved for you. Please, no schedule changes within 72 hours of your procedure. Please contact Lawrence Internal Medicine, P.A. staff at 785-842-7200 for questions.
8. If, after your procedure has been scheduled, but before your procedure is performed, your insurance coverage changes, contact Dr. Kimmel's nurse at 785-842-7200. Coverage verification and prior authorization, as needed, must be obtained prior to your procedure. Failure to provide Lawrence Internal Medicine, Pa with up-to-date insurance information may result in our refusal to submit your claim to insurance on your behalf.
9. Please be aware your lab results, if any, will be sent to you via your patient portal. You will find the patient portal at www.medicalofficeconnect.com. If you have forgotten your username or password, call 785-842-7200 for assistance.

NOTE: Due to HIPAA privacy regulation, no use of portable electronic devices is allowed in the endoscopy suite or recovery areas, including cell phone calls, texts, internet use and/or video or audio recording of any kind.

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. Diluting the laxative with ginger ale or lemon-lime soda dramatically improves the taste. **AVOID CONSUMING PRODUCTS CONTAINING RED FOOD COLORING**, including jello, pop, and sports drinks.

FIRST DOSE OF LAXATIVE: Take at 5 or 6PM

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

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

- Drink the second 10-ounce bottle of Magnesium Citrate.
- Drink at least 16 ounces 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 four (4) hours prior to your arrival time. Do not take your medications.

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

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

Lawrence Memorial Hospital Endoscopy Center Phone: 785-505-4850