



Gastroenterology Associates of West Florida

Digestive Diseases and Nutrition

Primary Mailing Address:
10820 State Road, Ste. 201
Trinity, FL, 34655-1783

Diplomates American Board of Gastroenterology
Diplomates American Board of Internal Medicine

(727) 846-7031

Fax (727) 846-7132

Curtis Freedland, D.O.
Gastroenterology & Nutrition

Joseph Staffetti, M.D.
Gastroenterology

Dilip Ghanekar, M.D.
Gastroenterology

Ernest DiGiovanni, D.O.
Gastroenterology

Preparing for colonoscopy or flexible sigmoidoscopy using the Citrate of Magnesia One Day Prep

You are scheduled for a colonoscopy or flexible sigmoidoscopy on _____.

- The Surgery center will call you one day prior to the procedure with the time.
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Please be courteous to others and call with cancellations at least 72 hours prior to the procedure.
Make appropriate arrangements for copay and deductibles with the surgery center.

- WE WILL NOT PERFORM THE EXAM ON PATIENTS WHO COME ALONE
 - You will not be able to drive home after the test if you receive sedation. You must be accompanied by someone who can see you home after the exam.
- You need to HOLD Coumadin, Plavix, Aspirin, Fish Oil, Vitamin E, Arthritis Pills, and Ibuprophen unless instructed otherwise for 5 days prior to the exam. You may take Tylenol, Narco, or Percocet.

Items to be purchased prior to the procedure (all available over-the-counter):

- Two bottles of Citrate of Magnesia
- Dulcolax laxatives, 8 tablets

One day prior to the exam: No solid food, no Jell-O

1. Clear liquids only ALL DAY, such as soda, broth (beef, vegetable, or chicken), apple juice, tea, **BLACK** coffee (no creamer), and ice pops. **NOTHING THE COLOR RED!** And **NOTHING THAT CONTAINS ALCOHOL.**
2. Take a bottle of Citrate of Magnesia at 9:00 AM.
3. Take 2 Dulcolax tablets by mouth at 10:00 AM.
4. Take a second bottle of Citrate of Magnesia at about 5:00 PM.
5. At 8:00 PM. Take 4 Dulcolax tablets by mouth. If not running clear, take 2 Dulcolax tablets at midnight to 3:00 AM. Or 2 Dulcolax suppositories 5:00 AM. The morning of the procedure.
6. Nothing to eat or drink at least 6 hours prior to the procedure.

Day of Exam

1. Take only Blood pressure, heart, and lung medications as discussed with your doctor with a sip of water. Do not take **Diabetes pills or insulin** (*See Diabetic instructions*).
2. Do not wear make-up.

Doctor Doing Procedure: _____

Patient Signature: _____

Date: _____

Doctors are available 24 hours day or night. Please call if you have any problems with prep, questions about medications, or any other concerns. Call: (727)-846-7031 Or (352)-666-1441.