

## Estrella Gastroenterology

You are scheduled to have the inside of your colon examined. **A proper preparation is very important for an adequate examination. Please follow the instructions carefully.**

- Since you will be given sedatives, you will not be allowed to drive after the exam. Hence, you must have someone who can drive accompanying you to the hospital. Plan on spending 2-3 hours in the hospital.
- There are always some risks to any examination. The complications of a colonoscopy include perforation (a hole in the bowel that may require surgery to repair, 0.01% chance), bleeding after polyp removal (may require a hospitalization for blood Transfusion, 1% chance) and drug reactions among others. These complications are rare, occurring in less than 1% of the procedures.
- There is about 1-2% chance that a colonoscopy may miss an existing lesion such as polyps and/or cancer.

### WEEK PRIOR TO EXAMINATION

Buy 2 bottle of 10 oz. bottle of **Magnesium Citrate** and refrigerate them. If you take **Iron pills** stop taking them a week prior to the test. If you are taking a **blood thinner** (Plavix, Warfarin, Coumadin) the doctor will instruct you when to stop taking this medication. You can continue other medications. Avoid eating foods and fruits that contain seeds ( strawberries, melons, poppy seeds) and corn.

### DAY BEFORE EXAMINATION

Enjoy a light breakfast which may include black coffee, eggs, juice. Do not have cereals or oatmeal. After breakfast you are only allowed to have **clear liquids** such as **water, tea, coffee, apple juice, Ginger Ale, 7 Up, sprite, Gatorade, broth's, clear soups, Jell-o** (not red or green) **ice pops. No Solid food, dairy, creamers fruits etc.** Drink plenty of water during the day.

**Between 5-6 pm drink 10 oz of chilled Magnesium Citate.** Then drink at least 5 more cups ( 40 oz) of water. You are allowed to drink as much clear liquids as you like until midnight. You may experience **nausea**, it will pass. If you **vomit**, you will need to drink the same dose again but slower.

Keep drinking liquids ( 2-3 more cups) till your bed time. If you are on diabetic pills, don't take them at night

### DAY OF EXAMINATION

**Between 6-7 am drink the second 10 oz bottle of chilled Magnesium Citate.** Then drink at least 5 more cups ( 40 oz) of water.

You can take you heart and blood pressure medication the morning of the test. If you are on diabetic pills, don't take them the morning of the procedure.

**Do not eat anything, you can have clear liquids up to 2 hours prior to you procedure time. Please arrange for transportation, you will not be allowed to drive after the procedure. For questions or rescheduling of your appointment, please call 623-935-4056 as soon as possible.**

Thank you