

# Rochester Gastroenterology Associates, LLP

Tarun Kothari, M.D., F.A.C.G., F.A.C.P.

Prasad Penmetsa, M.D., M.R.C.P.

Surinder Devgun, M.D.

Beverly Strohm, P.A.-C.

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

**INSTRUCTIONS FOR COLONOSCOPIC PREP  
WITH CITRATE OF MAGNESIA, HALFLYTELY, AND FLEET ENEMAS  
READ CAREFULLY - DO NOT EXCEED RECOMMENDED DOSAGE  
AS SERIOUS SIDE EFFECTS MAY OCCUR**

Name \_\_\_\_\_

Procedure \_\_\_\_\_

Endoscopist \_\_\_\_\_

YOU HAVE BEEN SCHEDULED FOR THE ABOVE EXAMINATION. PLEASE REPORT TO:

**WILSON HEALTH CENTER  
SURGERY RECEPTION DESK**

REPORT AND REGISTRATION TIME:

PROCEDURE TIME:

DATE/DAY:

**PLEASE REVIEW ALL INSTRUCTIONS UPON RECEIPT**

Please turn over...

**DIRECTIONS FOR COLONOSCOPY PREP WITH CITRATE OF MAGNESIA, HALFLYTELY, AND FLEET ENEMAS**  
**PAGE -2-**

**In order to assure optimal and safe colonoscopic examination, the following guidelines are recommended:**

1. Do not take aspirin or aspirin containing products and/or Plavix for 5 days before the procedure. Acetaminophen, (Tylenol) can be used. Do not take any arthritis medications like ibuprofen (Advil, Aleve, Motrin, Naprosyn, Celebrex, Bextra) for 5 days before the procedure.
2. Do not take extra dietary fiber, including Metamucil, Citrucel, Fibercon, or similar products for one 1 week before the procedure.
3. **Stop** all iron medications, or vitamins containing iron, Carafate and antacids 1 week before the procedure.
4. Do not eat nuts, raisins, fruits containing seeds, foods containing seeds (sesame, poppy, etc.) or uncooked vegetables 3 days before the procedure.
5. **You can take your regular medications on the morning of the examination, except insulin or anti-diabetic medications. Please check with us or follow our instructions about all anti-diabetic medicines.**
6. **If you are on any kind of blood-thinning medications, such as COUMADIN, please inform our office at 267-4040, IMMEDIATELY for directions.**

**2 DAYS BEFORE EXAMINATION**

1. Begin a clear liquid diet 2 days before the procedure. No food is allowed after 8 am day before procedure. Clear liquids include water, lemon-lime soft drinks, colas, apple juice, jello, and broth (**NO red or purple jello and/or liquids allowed**). You may have coffee and tea, but no milk or powdered creamer.

**DAY BEFORE EXAMINATION**

1. Take ten (10) oz of Citrate of Magnesia at 9am the day before your procedure. (**Purchase over the counter at pharmacy**)
2. Take Halflytely Preparation as listed below. (**Prescription enclosed with instructions**)
3. At 12:00 noon take all (4) bisacodyl tablets with water. Do not chew or crush. Do not take the bisacodyl tablets within 1 hour of taking an antacid.

Please turn over...

**DIRECTIONS FOR COLONOSCOPY PREP WITH CITRATE OF MAGNESIA, HALFLYTELY, AND FLEET ENEMAS**  
**PAGE -3-**

4. At 1:00 pm add lukewarm drinking water to top of line on bottle. Cap bottle and shake to dissolve the powder. The reconstituted solution will be clear and colorless. Use within 48 hours. Do not add anything else, such as flavorings, to the solution. **YOU MAY USE FLAVORED POWDER THAT IS ENCLOSED WITH THE HALFLYTELY.**

5. After a bowel movement occurs (usually in 1 to 6 hours), begin to drink the solution. Even if no bowel movement occurs after 6 hours, begin to drink the solution.

6. Drink 1 (8 oz) glass every 20 - 30 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. Be sure to drink ALL of the solution.

**Note:**

- **If you have severe discomfort or bloating, stop drinking solution for a while or wait longer between drinking each glass until the discomfort goes away.**
- **Do not take any other medicines within 1 hour of starting to drink the solution.**
- **Nausea, cramping and abdominal fullness are the most common adverse reactions.**

**DAY OF EXAMINATION**

1. You must use two (2) ready-to-use Fleet enemas on the morning of the examination. Use one 2 hours before you are to arrive for procedure and the other 1 hour before you are to arrive for procedure. **(Purchase over the counter at pharmacy)**

1. Take nothing by mouth starting 2 hours prior to your procedure.

2. You should plan on 2 - 3 hours, including recovery time, for this test.

3. Transportation arrangements must be made for someone to pick you up and accompany you home. **NO EXCEPTIONS CAN BE MADE!**

4. You must arrange for a neighbor, friend, or family member to stay with you after your arrival home, since sedation effects can last well into the evening.

5. **For some procedures, prior blood tests may be necessary. These tests need to be done between 1 – 3 weeks before the procedure. Special instructions will be given for people on blood-thinning medications. If you are required to have these blood tests, the requisition for the laboratory will be enclosed.**

**If you are unable to keep your scheduled appointment, cancellation is appreciated 48 hours in advance by calling 267-4040 between 9 a.m. and 4:30 p.m. If you fail to notify us you may be charged. Also, please call this number if you have any further questions.**