

Michael T. Kennedy, M.D.
Northwest Medical/Surgical Associates, Inc.
P.O. Box 166, 148 Fairfield Street
St. Albans, VT 05478
(802)524-2168

COLONOSCOPY

Please arrive 1 hour before your scheduled appointment time and report to the Surgical Services Department located as you enter the main lobby entrance to Northwestern Medical Center.

*** IMPORTANT ***

NO ASPIRIN OR BLOOD THINNERS SHOULD BE TAKEN FOR 5 DAYS PRIOR TO YOUR PROCEDURE.

YOU WILL NEED TO MAKE ARRANGEMENTS FOR A DRIVER TO BRING YOU HOME.

PLEASE LEAVE ALL JEWELRY AND OTHER VALUABLES AT HOME. YOU ONLY NEED TO BRING YOUR INSURANCE CARD AND ONE PIECE OF IDENTIFICATION WITH YOU.

At least one day before the exam you will need to go to your pharmacy and fill the prescription for 2 Reglan pills. Also, you will need to purchase 2 bottles of magnesium citrate in the 10 OZ size.

Not red

1. **The day before your exam** you are only to have clear liquids. Clear liquids consist of Jell-O (excludes red and orange Jell-O), ginger ale, popsicles (excludes red and orange popsicles), Gatorade, cola, black coffee or tea, water and any liquid you can see through but **ABSOLUTELY NO MILK PRODUCTS**. It is important to drink as much fluid as you can as it will aid the prep in cleaning your bowel. Remember to drink fluid containing sugar.
2. **At 5:30 PM** the day before your colonoscopy take 1 Reglan pill.
3. **At 6:00 PM** drink one 10 ounce bottle of magnesium citrate. Wait 30 minutes before drinking at least a ½ gallon of clear liquids. After drinking the magnesium citrate find something to do, don't just sit and wait for the prep to start working.
4. **The day of your exam**, 4 hours before your arrival time take the remaining Reglan pill and wait 30 minutes before you drink the second bottle of magnesium citrate. Wait 30 minutes before drinking at least a ½ gallon of clear liquids.
5. Keep drinking clear liquids until your stool is clear.