

**North Coast Endoscopy, LLC**  
9500 Mentor Ave., #380, Mentor, Ohio 44060  
Phone#: 440-352-9400  
**COLONOSCOPY WITH MAGNESIUM CITRATE 5 DAYS**

Date: \_\_\_\_\_  
Patient Name: \_\_\_\_\_

You are scheduled for a Colonoscopy at North Coast Endoscopy, Suite 380, in the Lake Ambulatory Care Center on \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m.  
Please arrive at the office at \_\_\_\_\_ a.m./p.m.

You must have a driver to take you home after your procedure. Please plan to be here between 1-2.5 hours but up to 3 hours. Public transportation may drop you off, but you must have a reliable driver (family member, friend, neighbor, etc.) to sign you out and drive you home (no Laketrans, Uber, Lyft, etc.). You are not allowed to drive after your procedure.

**1 WEEK BEFORE YOUR PROCEDURE**

**STOP USING:** fiber supplements, herbal products, vitamin E and fish oil. Please let us know if you are regularly taking aspirin, blood thinners such as Coumadin, Plavix as these will need to be stopped prior to the procedure under the guidance of the doctor giving you this medication.

If you have diabetes, ask your diabetic doctor what you should do the day before and the morning of your procedure. Do not take metformin (if you take this) the day you are on a clear liquid diet.

**5 DAYS BEFORE YOUR PROCEDURE**

Take 1 capful of MiraLAX with 8 ounces of water twice daily starting today and repeat until day prior to your procedure.

**STOP USING:** aspirin higher than 81mg, Motrin®, ibuprofen, Advil®, Naprosyn, Aleve®, Meloxicam, Excedrin or most arthritis medications. You may take Tylenol if needed. You may continue aspirin 81mg.  
**Stop taking** iron supplements

**THREE DAYS BEFORE YOUR PROCEDURE:**

Follow a **LOW RESIDUE** diet; **STOP EATING** whole kernel corn, peas, nuts, seeds (poppy, sesame), dried fruit, whole grains (such as oatmeal, brown rice, quinoa, wheat bread, bran), popcorn, beans, most fruits and vegetables.

**OK TO EAT:** tender meats, eggs, tofu, creamy peanut butter, yogurt (without pieces of fruit), protein shakes, blended soups, ice cream, smoothies (without seeds), refined carbohydrates (white bread, pasta, pancakes), bananas, melon, applesauce, canned peaches (without skin), canned or well-cooked potatoes, carrots. Vegetable and fruit juices.

Be sure to thoroughly cook all foods so they are tender and soft.

**TWO DAYS BEFORE YOUR PROCEDURE:**

Continue following the **LOW RESIDUE** diet. Take 1 capful of MiraLAX with 8 ounces of water twice today. Take four (4) Dulcolax pills before bed.

**Prep continued on next page**

The Day Before your procedure:	The Evening before your procedure:	The Day of your procedure:
<p>- Follow a clear liquid diet all day. <b>No solid food!</b></p> <p><b>CLEAR LIQUID DIET:</b> clear broth, bouillon, gelatin such as Jell-O®, flavored ice, hard candies, clear fruit juices (apple, white cranberry, lemonade, white grape), soda (7-Up®, Sprite®, ginger ale, seltzer), Gatorade®, Powerade®, black coffee, tea, water.</p> <p><b>-Do not drink:</b> red, purple or orange colored drinks, alcohol, nectars, milk or cream.</p>	<p>AT 6 PM: Take one bottle of lemon Magnesium Citrate (Purchase at local drugstore)</p> <p>AT 10 PM: Take one bottle of lemon Magnesium Citrate (Purchase at local drugstore)</p>	<p>DO NOT take any medications the morning of your procedure.</p> <p><b>DO NOT eat or drink anything 4 hours prior to your procedure time.</b> This includes candies, mints, gum, and smoking/vaping (cigarettes and/or marijuana.)</p>
<p>Drink plenty of liquids in addition to the bowel preparation mixture.</p>	<p><b>DO NOT eat anything until after your procedure. Clear liquids are ok up until 4 hours prior to your procedure.</b></p>	

## **IMPORTANT, PLEASE READ**

It is very important for you to keep your appointment on the scheduled date. **Please cancel for true emergencies only.** Thank you for your cooperation. Please call us between the hours of 9AM-4PM if you have any questions.

Cancellation within 3 business days will incur a bill of \$250 that you will be responsible for and is not covered by your insurance. (This is not a penalty- it is to cover a portion of the loss due to the short notice.)

### **The below professionals will be on standby to perform your procedure:**

***Physician service***- Dr. Ahmad Ascha or Dr. Emily Carey

***Anesthesia service*** –This is a separate service provided by Heritage Anesthesia, LLC. It is the patient’s responsibility to check with their insurance carrier for coverage of these services. If you have any questions, please call our office and ask for the billing department.

***Facility Service***- North Coast Endoscopy

***Specimen service*** (pathology)

For immediate assistance please call 440-352-9400.

Thank you!