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**2 Day Citrate
COLON PREP**

Medications: If you take Aspirin, Plavix, Coumadin, Lovenox, Vitamin E, Multi-Vitamin, Iron, Herbal Supplements, Ibuprofen, Advil, Celebrex, Naprosyn, Pletal, Relafan, Persantine (Dipyridamole), Aleve, Diet Pills or other blood thinners on a regular basis you will need to **STOP** taking these on _____. You may take all your other Regular medications like normal. You may take Tylenol if needed for any reason.

- Diabetics, if you are on insulin/pills please take only 1/2 your morning dose the day before your procedure and no more until after the procedure. Make sure to have a majority of liquids and popsicles with sugar so that your sugar does not drop because you are not eating solid foods.
- If you have an artificial heart valve please let us know prior to the test and on day of test before procedure.

Obtain from Pharmacy: (3) 10 oz. bottles of Citrus of Magnesia (citrate of magnesia)
(12) box of Dulcolax laxative tablets (at least 12 tablets)
(1) tube of A&D ointment and baby wipes (suggestion only)

****If you are scheduled at the NPR Surgery Center call 848-0446 one business day prior to your appt. between 1-5 PM to obtain your arrival time.**

Two Days before Procedure: _____ CLEAR LIQUIDS ONLY TODAY

You can have unlimited quantities of these liquids:

Tea or Coffee (no milk)	Chicken or Beef Bouillon	Water
Soda (any flavor)	Popsicles (no red)	Gatorade (no red)
Juice (Apple, Grape, Cranberry-all types)	NO JELLO	

At **1:00 PM** drink one bottle of Citrus of Magnesia. Drink this solution **very slowly** or it could make you sick to your stomach. After finishing bottle if Citrus of Magnesia make sure to drink at least 4 full glasses of any **clear liquid from list** over the next 2-3 hours or you could become dehydrated.

At **6:00 PM** take 4 Dulcolax tablets.

Day Before your Procedure: _____

- **Clear liquids all day today as well.**
. You can have unlimited quantities of these liquids listed above.

At **1:00 PM** drink one bottle of Citrus of Magnesia. Drink solution **very slowly** or it could make you sick. Follow with 4 full glasses of any **clear liquid from the above list** over the next 2-3 hours so not to become dehydrated.

At **6:00 PM** Drink one bottle of Citrus of Magnesia following the directions above for **1:00 PM**.

At **10:00 PM** Take 4 Dulcolax tablets.

You may experience some abdominal cramping, nausea, vomiting or rectal bleeding. These are normal symptoms from the Citrus of Magnesia. **Please do not panic.**

Day of your Procedure: _____ AT: _____

- Do not have anything to eat or drink until after your procedure.
- Take only your heart and blood pressure pills at **6:00 AM** with sip of water.
- Please arrange transportation home.
- Please call our office within two days of your procedure to schedule a 2 week appointment in the office if prior appointment was not already made.
- **In-Office follow-up appointment: _____**