

Island View Gastroenterology Associates

www.islandviewgastro.com

CALL OR TEXT 805-641-6525

MAGNESIUM CITRATE & SUPREP- 2 DAY COLONOSCOPY PREPARATION

The doctor has requested that you undergo an examination to visualize your entire colon.

BLOOD PRESSURE MEDICATION MUST BE CONTINUED

SEVEN(7) DAYS PRIOR TO THE PROCEDURE STOP TAKING NSAIDS(e.g. ASPIRIN, IBUPROFEN OR NAPROXEN) OR BLOOD THINNERS(e.g. PLAVIX, COUMADIN, WARFARIN or FISH OIL)

UNLESS OTHERWISE STATED BY YOUR DOCTOR

* Tylenol Extra Strength OKAY to take to replace ASPIRIN MEDICATIONS*

AVOID SEEDS, NUTS AND CORN 2 DAYS PRIOR TO YOUR PROCEDURE

Your colonoscopy is scheduled on _____ Please Check In at: _____ A.M./P.M.

Please check in at:

- Ventura Endoscopy Center (VEC)**-5810 Ralston St. Suite 101, Ventura, CA 93003
- Community Memorial Hospital (CMH)** - 147 N. Brent St. Ventura, CA 93003 (Mountain Tower)
- Ventura County Medical Center (VCMC)** - 300 Hillmont Ave. Ventura, CA 93003 (Admitting)

Preparation for Procedure

The Suprep prescription was sent out electronically to your pharmacy.

Pick up in the next 2-3 day from today.

Purchase over-the-counter, one(1) 10oz. bottle of Magnesium Citrate. Make sure it is the correct volume.

TWO DAYS BEFORE PROCEDURE:

1. Two days before the procedure you may have a light breakfast and lunch. Avoid food items that may contain seeds. For dinner you are allowed clear liquids such as broth, tea, light-colored soft drinks, coffee without cream, or Jell-o (Except RED JELL-O or RED LIQUIDS).

2. At 6p.m. drink the whole bottle of **Magnesium Citrate**.
3. Drink plenty of clear liquids before retiring. We recommend that you drink at least 2 glasses of clear liquids every hour until you retire to bed. If you do not have diabetes we recommend gatorade.

DAY BEFORE PROCEDURE: (part 1)

1. Continue on a clear diet all day.
2. At 6:00p.m. fill your 16 oz suprep container (the prescription laxative) with 1 6 oz bottle of suprep and 10 oz of water to the 16 oz line and drink the full 16 oz in 30 mins. We recommend that you drink at least 2 glasses of clear liquids every hour until you retire to bed. If you do not have diabetes we recommend gatorade.

THE DAY OF THE PROCEDURE: (4 hrs. prior to your check in time)

3. The day of the procedure, at _____ a.m./p.m. fill your 16 oz suprep container (the prescription laxative) with 1 6 oz bottle of suprep and 10 oz of water to the 16 oz line and drink the full 16 oz in 30 mins.
4. Drink 2 more 16 oz of water.
5. You may have your medications the morning of your procedure if they cannot wait until after the procedure. You may have small sips of clear liquids 3 hours before the procedure.

No fluids 4 hours before your procedure time.

VERY IMPORTANT-YOU MUST HAVE TRANSPORTATION. AS YOU WILL BE SLIGHTLY SEDATED AND UNABLE TO DRIVE!! NO UBER/LYFT/TAXI/PUBLIC TRANSPORTATION UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT (18YRS).

YOU WILL BE THERE FOR APPROXIMATELY 2 ½ HRS FROM YOUR CHECK IN TIME

During the Procedure

You will change into a hospital gown and be given medication intravenously to make you sleepy. When relaxed properly, the colon scope tube will be placed into the rectum and maneuvered through the lower bowel. You may feel some bloating and occasional cramping during the procedure, but all efforts will be made to minimize discomfort. If there are any questions of abnormality, a biopsy (thin piece of tissue) will be taken for microscopic examination. If a polyp (mushroom-like growth) is identified, this will be removed and sent to Pathology for further examination.

After the Procedure

As soon as the scope is removed, you may feel the need to pass gas from the rectum. This is entirely normal, as considerable amounts of air have been trapped in the bowel during the examination. There is often bloating and cramping for an hour or two after the test until the gas has passed. It is very important that you make arrangements to have someone bring you to the Center /Hospital and take you home. Some people are very sleepy and confused after the exam and forget instructions or findings given by the doctor. If you are unsure about any information given to you, please call the office for a brief follow-up appointment or leave a number where the doctor can return your call.

If biopsies are taken, we usually call patients within 7 days with the results. If you do not hear from us, please call our office 641-6525 at least 7 days after the procedure for the results.

**PLEASE NOTE: If a biopsy is taken, you will be billed separately by the hospital or laboratory.
Thank You!**