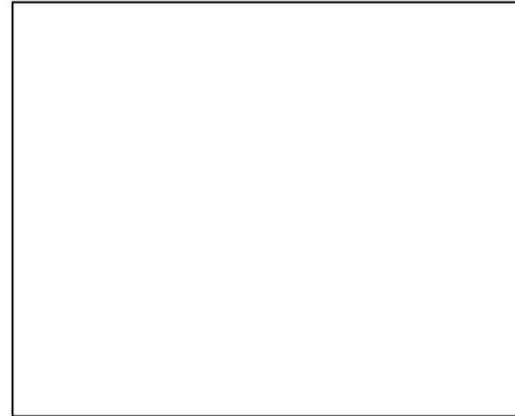




www.IslandViewGastro.com

CALL OR TEXT 805-641-6525



MAGNESIUM CITRATE & GOLYTELY- 2 DAY COLONOSCOPY PREPARATION

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

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)

BLOOD PRESSURE MEDICATION MUST BE CONTINUED

SEVEN(7) DAYS PRIOR TO THE PROCEDURE STOP TAKING BLOOD THINNERS(e.g. PLAVIX, COUMADIN, WARFARIN)

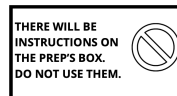
GLP-Antagonists used for weight loss and/or diabetes may need to be stopped prior to your procedure. See the attached sheet for more information on what medications qualify as a GLP- Antagonists and a timeline of when to stop your medication.

****UNLESS OTHERWISE STATED BY YOUR DOCTOR****

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

Preparation for Procedure

The Golytely 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.

Over-the-counter, purchase:

- 10oz. bottle of Magnesium Citrate.
 - Make sure it is the correct volume.
- Please pick up the Moviprep preparation from your pharmacy.

Examples of clear liquids: NOTHING RED

- Water
- Coffee and tea (no cream, milk or dairy)
- Light-colored or clear juices (apple, white grape, pulp-free lemonade)
- Sports drinks
- Chicken, beef, or vegetable broth
- Clear sodas
- Dye-free Jello and gelatin

Your prep is one of the most important parts of your colonoscopy. Without a good prep—your bowel empty and clean—your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp or rescheduling your colonoscopy.

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.
2. At 9 p.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.
2. At 2:00p.m. fill your one gallon of Golytely with water and drink $\frac{3}{4}$ of the gallon over a 4hr period. (We recommend drinking it cold, it will taste better)
3. 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. At 4:00am., drink the remaining 1 liter of the Golytely within 30 minutes.
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 4 hours before the procedure.

No fluids 4 hours before your arrival 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!