

**HAL N BUCH, MD, PC**  
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**PATIENT NAME:** \_\_\_\_\_

**PROCEDURE:** COLONOSCOPY      **FACILITY:** OFFICE ENDOSCOPY UNIT

**DATE OF PROCEDURE:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_

**AVOID aspirin/aspirin products, Advil/Motrin/Aleve/Ibuprofen, Vitamin E (multi-vitamins w/E), fish oil, flaxseed oil or foods with SEEDS for 5-7 days prior to procedure.** (Tylenol and acetaminophen products are okay.)

**\*\*YOU must consult your prescribing physician about stopping: Coumadin, Plavix, Pradaxa, Eliquis, or Xarelto, prior to a procedure if you take these medications or a generic equivalent.**

**\*\*YOU must consult your prescribing physician about diabetic medication and insulin dosages prior to a procedure if you are a diabetic.**

**YOU MUST HAVE SOMEONE TO DRIVE YOU HOME THE DAY OF PROCEDURE. NO DRIVING FOR THE REST OF THE DAY! YOU SHOULD HAVE ADULT SUPERVISION FOR 12-24 HOURS AFTER THE PROCEDURE.**

**Diet restrictions**

**Starting \_\_\_\_ days prior to the procedure, follow a FULL LIQUID DIET for \_\_\_\_ days.**

**\*\*\*FULL LIQUIDS ONLY\*\*\*** This includes: CLEAR LIQUIDS (see below), milk, milkshakes, plain ice cream/sherbet, pudding, plain yogurt (no cheese), pulp less vegetable or fruit juices, cooked refined cereals such as farina, grits, oatmeal, cream of rice/wheat, Jell-O, strained creamed soups, soft cooked or scrambled eggs. NO MEATS (beef/chicken/pork etc.).

**On the DAY BEFORE the procedure, follow a CLEAR LIQUID diet.**

**\*\*\*CLEAR LIQUIDS ONLY\*\*\*** This includes: Broth, tea, coffee (without milk), organic cranberry juice, Gatorade, Crystal Lite, ice pops, soda, apple juice, white grape juice, tap or bottled water, yellow or green Jell-O. It is also important to drink broth for salt intake and juice or soda for the sugar intake. **Avoid items with artificial red dye.**

**[x] Magnesium Citrate PREP**

**Purchase 3-10oz bottles of magnesium citrate and 2 Dulcolax (bisacodyl) laxative tablets.**

On the day before the procedure:

1. At 10:30am, take 2 Dulcolax (bisacodyl) laxative tablets with 8oz of water. Do not crush or chew. Do not take within 1 hour of taking an antacid.
2. At 11:00am, take 10oz bottle of magnesium citrate. Take a minimum of 8oz clear liquids **every hour**.
3. At 3pm, take 10oz bottle of magnesium citrate. Take a minimum of 8oz clear liquids **every hour**.
4. At 9pm, take 10oz bottle of magnesium citrate. Take a minimum of 8oz clear liquids **every hour**.
5. NOTHING TO EAT OR DRINK AFTER MIDNIGHT, NOTHING UNTIL AFTER THE PROCEDURE.