



Download our Smart Clinic app to your mobile phone for prep reminders and helpful tips. Just enter your procedure date and the prep your doctor selected and your instructions will be delivered to your mobile phone.



Digestive Diseases CENTER

If you have questions regarding your medications or preparation, call 850-747-0825 between the hours of 7am and 3pm. After hours, call 850-763-5409 and ask to speak to your doctor's nurse. To schedule or reschedule procedures call 850-392-1507

PREPARATION INSTRUCTIONS FOR COLONOSCOPY/ FLEXIBLE SIGMOID with MAGNESIUM CITRATE (One-Day Prep)

NAME: _____ CHART#: _____ DR: _____
DATE: _____ ESTIMATED ARRIVAL TIME: _____

FACILITY:	LOCATION:	FACILITY:	LOCATION:
NWFL GASTRO CENTER	204-B EAST 19 TH STREET	SACRED HEART - PORT ST. JOE	ADMISSIONS
BAY MEDICAL CENTER	OUTPATIENT CHAPMAN BLDG	DESTIN SURGERY CENTER	HWY. 98 DESTIN
GULF COAST MEDICAL CENTER	OUTPATIENT SURGERY CENTER	NWFL SURGERY CENTER	767 AIRPORT ROAD
JACKSON HOSPITAL	MAIN (FRONT) ENTRANCE		

Arrange a ride: You will be given medication that makes you relax and be sleepy. Please make arrangements for a family member or friend to drive you home following your procedure. Anticipate 3 to 4 hours stay at facility. **You will not be allowed to drive yourself home or take a taxi.**

Do these things 5 DAYS BEFORE the procedure:

- ☞ Purchase over-the-counter 2 bottles of Magnesium Citrate
- ☞ Stop taking NSAIDS (for example: Ecotrin, Aleve, Naprosyn, Motrin, Ibuprofen, Celebrex, Mobic, etc.)
- ☞ Stop taking Vitamin E, Ginko, Ginger, Fish Oil, Iron and Iron-containing Vitamins, Garlic
- ☞ Stop taking Fiber Supplements (such as Metamucil, Fibercon, Benefiber, etc.)
- ☞ **TYLENOL** or Acetaminophen is okay.

Do these things 2 DAYS BEFORE the procedure:

- ☞ Begin a low-residue (soft) diet. See attached sheet.
- ☞ **IF DIABETIC**, see attached sheet.

The DAY BEFORE the procedure: *DO NOT EAT ANY SOLID FOODS*

IF you are scheduled at Northwest FL Gastro Center, expect a call confirming your appointment and **FINAL** arrival time

- ☞ **Start a clear, LIQUID diet.** A liquid diet can include: Juices (apple, white grape and cranberry); Broths (beef and/or chicken); Soda Pop; Tea and coffee without milk; Gatorade; Kool-Aid and various Jell-O flavors (any color except red or purple). **Avoid:** Juices with pulp, milk, cream and/or solid food. ***DO NOT EAT ANY SOLID FOODS***
- ☞ **12:00 p.m.** - Drink one entire bottle of Magnesium Citrate.
Continue liquid diet. Drink as much as possible. Drink one glass of liquid every 20 - 30 minutes.
- ☞ **6:00 p.m.** - Drink the second entire bottle of Magnesium Citrate. Continue drinking liquids.
You may drink clear liquids until midnight.

To help prevent dehydration, it is important to drink plenty of liquids before, during and after the colon-prep process.

The DAY OF the procedure: *DO NOT EAT*

TAKE blood pressure, heart, seizure, breathing, anti-reflux, thyroid, and/or mental health medications as prescribed, one hour prior to arrival, with no more than 2oz of water.

Bring with you to your procedure: Picture I.D., Insurance Card(s), a list of your current medications, and a contact number for your ride.