



Paragon Medical Building Suite 208, St. Thomas, USVI 00802
340-714-1122

OUTPATIENT COLONOSCOPY

Date of Test: _____

2 Days before Test Mix Laxative: _____ and please take 2 Dulcolax tablets at 6 p.m.

Day Before the Test: When you get up in the morning, start on a clear liquid diet.

Examples are:

Coffee without cream

Jello (except RED)

Tea

Sprite

NO DAIRY PRODUCTS

Apple Juice

7-Up

NO SOLID FOODS

Grape Juice

Clear Broth (such as Chicken or Beef)

At 2:00 p.m. start taking the laxative you purchased from the pharmacy. Slowly drink a glass every 15 minutes. Drinking too fast may cause nausea and vomiting. You may continue the clear liquid diet while drinking the laxative, and up until midnight. Chill the laxative before drinking to improve taste. **Have NOTHING to eat or drink after midnight.**

The day of the test do not eat or drink anything. AT _____ a.m. drink one bottle of **Citrate of Magnesia.** You may take any routine medications, such as blood pressure medication, or your heart medication, with a small sip of water.

If you are a diabetic, you will need to maintain your blood sugar and reduce the amount of Insulin that you normally would take. Do not take your insulin the morning of the procedure.

STOP MEDICATIONS ONE WEEK PRIOR. Make sure you stopped all medications containing Aspirin or other blood thinners (such as Coumadin) and stop all Iron supplements, as instructed by your physician. Please call the office if you have taken any of these medications. **NO PLAVIX, NO ADVIL, MOTRIN, ALEVE. ONLY TYLENOL FOR PAIN.**

Arrive at for your procedure at _____ a.m.

******You will be sedated and will need someone to drive you to and from the hospital.**

If you have any questions regarding your procedure you may call the Office at 714-1122.