



**M.A.G.I.C.**  
Mid-Atlantic G.I. Consultants, P.A.

...Advancing GI care

## Colonoscopy and Prep Instructions

Your procedure is scheduled on \_\_\_\_\_ Time: \_\_\_\_\_

Please arrive 1 hour prior to your procedure time.

### Location of procedure:

Mid-Atlantic Endoscopy Center  
Metro Professional Bldg.  
4923 Ogletown-Stanton Rd., Ste 100  
Newark, DE 19713  
302-993-0310

Glasgow Medical Center  
Entrance 3, 2<sup>nd</sup> Floor  
2600 Glasgow Ave.  
Newark, DE 19702  
302-836-8350

Christiana Hospital GI Lab, Station 8  
4755 Ogletown-Stanton Rd.  
Newark, DE 19718  
302-733-1400

Wilmington Hospital GI Lab  
501 West 14<sup>th</sup> St, 3<sup>rd</sup> Floor  
Wilmington, DE 19801  
302-428-2817

St. Francis Hospital GI Lab, MOB 3<sup>rd</sup> Floor  
701 N. Clayton St.  
Wilmington, DE 19805  
302-421-4940

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### **\*\*Important Transportation Note\*\***

Patients cannot drive a vehicle for the remainder of the day after having a colonoscopy. All patients must be accompanied by a responsible adult who can drive him/her home after the exam. The colonoscopy may not begin until the driver is present. Patients may only ride home in a taxi or bus if they are accompanied by a responsible adult.

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Please review the following Prep Instructions at least one week prior to your procedure, if possible. The majority of the activity takes place the day before your procedure.

For Video Prep Instructions, please visit:

**[www.MidAtlanticGI.com](http://www.MidAtlanticGI.com)**



# Colonoscopy Bowel Prep Instructions

## I. Introduction/Overview

A complete cleansing of the bowel is the most important preparation for an accurate colonoscopy exam. While colon preps are never fun, our prep is simple and effective and, if followed carefully, will ensure a high quality exam. The table below provides an overview of the prep process. The prep details then follow the table.

| <i>One week before exam</i> | <i>Two days before exam</i> | <i>PREP DAY:<br/>The day before exam</i>                                    | <i>EXAM DAY</i>  |
|-----------------------------|-----------------------------|---|--|
| Stop certain medications    | Avoid high-fiber foods      | Low-residue breakfast, then start Clear liquid diet and take cleansing prep | Final laxative dose, then <u>Nothing by Mouth</u> within 4 hrs of exam |

## II. The Week Before your Colonoscopy

### A. One Week before exam: Stop taking the following medications:

**IRON**-containing vitamins and medications.

**FIBER SUPPLEMENTS** such as Metamucil, Fibercon, Citrucel

**Only if your Cardiologist or Primary Physician approves:**

**PLAVIX-like medications:** Plavix, Clopidogrel, Effient, and Brilinta

**COUMADIN-like medications:** Coumadin, Warfarin, Pradaxa, Xarelto, and Eliquis

**Note:** If your doctor does not allow you to temporarily stop Plavix-, and/or Coumadin-like medications, please notify your GI doctor immediately so he/she can decide how to proceed. Also, there is no need to stop aspirin or NSAIDs (motrin, etc.) as you may have been told in the past.

### B. Two days before exam: Avoid high-fiber foods:

Avoid fresh and dried fruit, vegetables, seeds, nuts, cloves, marmalade. Any other type of food is ok. If you make a mistake and eat some of these high-fiber foods, no problem, just continue on with the prep.

## III. Prep Day: The day before exam

| <i>Overview of the Prep Day</i>  |  |  |  |
|--|--|--|--|
| <i>On Awakening</i>  | <i>3 pm</i>  | <i>Start btw 3-6 pm</i>  | <i>9 pm</i>  |
| <b>After breakfast, take <u>only</u> clear liquids by mouth. No solid food.</b>  |  |  |  |
| <b>-Low-Residue breakfast (as specified below)</b><br><br><b>-Then take only clear liquids by mouth. <u>Strictly, No More Solid Food.</u></b>                        | <b>-Take 2 prep pills by mouth</b><br><br><b>-Mix ClearLax (entire bottle) + Crystal Light and add 64oz of water. Chill.</b> | <b>-Drink 8oz of ClearLax drink every 20 mins. until you finish the entire 64oz.</b> | <b>-Take 2 more prep pills after finishing 64oz.</b><br><br><b>-Continue drinking clear liquids as tolerated</b> |

## **A. Upon Awakening**

For your comfort, we are allowing a low-residue breakfast on the day before your procedure. (see table below). After breakfast, you are required to maintain a **Strict No Solid Food** regimen until after your colonoscopy. Instead, start a clear liquid diet (see Clear Liquid List below). Medications by mouth are ok.

Drink as many clear liquids as you want. In fact, drink large amounts of clear liquids to avoid dehydration and to make the laxative work better. If you are under fluid restriction, please speak with your doctor to make certain that this prep is right for you.

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### **Low-Residue Breakfast:**

No more than:

- 2 eggs (boiled or fried) or  
1 oz. cheese
- ½ cup of milk
- 2 slices of white bread/toast
- 1 tsp of butter (if desired)
  
- Strictly no substitutions!
- Less is ok, but no more than above.

### **Clear Liquid List:**

- Gatorade<sup>®</sup>, Powerade<sup>®</sup> (sports drinks with electrolytes are recommended to help with hydration)
  - Water, tea, or coffee (No cream or milk; sugar is ok)
  - Broth or Bouillon
  - Jell-O<sup>®</sup>, Popsicles<sup>®</sup>, Italian ice (no fruit or cream added)
  - Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, prune, or any juice with pulp)
  - Soda such as Sprite<sup>®</sup>, 7-Up<sup>®</sup>, ginger ale, or any cola
  - Clear hard candy, gum
  - Lemonade (with no pulp), iced tea
  - **Avoid** all red liquids—they can look like blood in the colon!
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[Note: The timing of the next 3 steps can vary for your convenience. For example, the 3p step may begin as early as 2pm, or as late as 4pm. The earlier you can start, the better your sleep may be at night (fewer overnight bathroom interruptions)]

## **B. 3 pm**

Take the first 2 (of 4) prep pills by mouth with clear liquids. Then mix the entire bottle of ClearLax powder and the sleeve of Crystal Light (or other drink flavoring of your choosing) with 64oz. of water. Stir until dissolved and chill with ice and/or refrigerate.

## **C. Between 3-6 pm**

Begin drinking 8oz glasses of the ClearLax solution every 20 min. until it is finished. Drinking through a straw may help. If you get nauseated or vomit from too much liquid in your stomach, take a 30 min break and start drinking again at 30 min. intervals. You may start this step anytime between 3-6pm. The earlier you start, the better sleep you may get at night.

## **D. 9 pm**

Take the final 2 prep pills after completing the ClearLax solution. Continue drinking as much clear liquid as you can tolerate.

## **IV. Your Exam Day**

### **A. At least 4 hrs. prior to your scheduled exam time, (this may be very early morning for early exams times)**

Pour the 10oz bottle of MagCitrates over ice and drink as much as you can within 10 mins. Again, drinking through a straw may help. You may continue drinking clear liquids only (no solid food) until **4 hrs. prior to your procedure**. You may take critical medications (high blood pressure, etc.) with clear liquids up to 4 hours before test.

**Important: Nothing by Mouth within 4hrs. of your exam time. This includes clear liquids, candy, and gum. Taking anything by mouth within 4 hrs. of exam will cause a delay or cancellation of your procedure!**

**\*\*\*Important Note\*\*\***

The Colonoscopy exam is only as good as the colon prep. A good sign that the prep has been effective is the transition to clear, watery bowel movements. **If, two (2) hours prior to your scheduled colonoscopy your bowel movements are not clear (that is, if they are still solid or mostly brown), please call us for further instructions at:**

**302-225-2380 (if before office hours, ask for the GI physician on call)**

**\*\*Helpful tips:**

- Many patients find that chilling the laxative and drinking through a straw improve tolerance.
- Use the baby wipes included with the prep instead of toilet paper. A small packet of Vaseline is also included in case of a sore bottom!
- Remain close to toilet facilities as multiple bowel movements may occur. The prep often starts working within 30 minutes but may take as long as 3-6 hours.
- The exact times of the cleansing prep are not important. You may vary the start +/- 2 hr. for your convenience. You may sleep better overnight with an earlier start.
- You may take oral medications with water during the prep and up to 4 hours before test.

**\*\*Diabetic patients:**

- **Important:** Please contact your doctor to be sure this prep is appropriate for you.
- Hold your diabetic medication the morning of the test.
- Use sugar free drinks for liquids (like Crystal Light) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar).

**FDA labels for items not in FDA packaging**

**Bisacodyl (prep pill) Label**

| <b>Drug Facts</b>   |  |
|---|--|
| <b>Active ingredient (in each enteric coated tablet)</b>  | <b>Purpose</b>                             |
| Bisacodyl, USP 5 mg.....  | Stimulant laxative                         |
| <b>Use</b> ■ for temporary relief of occasional constipation and irregularity. This product generally produces a bowel movement within 6 to 12 hours  |  |
| <b>Warnings</b>   |  |
| Do not use if you cannot swallow without chewing  |  |
| Ask a doctor before use if you have ■ stomach pain, nausea or vomiting  |  |
| ■ a sudden change in bowel habits that lasts more than 2 weeks  |  |
| When using this product ■ do not chew or crush tablet(s) ■ do not use within 1 hour after taking an antacid or milk ■ it may cause stomach discomfort, faintness and cramps   |  |
| Stop use and ask doctor if ■ you have rectal bleeding or no bowel movement after using this product. These could be signs of a serious condition. ■ you need to use a laxative for more than 1 week                                       |  |
| If pregnant or breast-feeding, ask a health care professional before use.   |  |
| Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.   |  |
| <b>Directions</b> take with a glass of water  |  |
| adults and children 12 years of age and over  | take 1 to 3 tablets in a single daily dose |
| children 6 to under 12 years of age   | take 1 tablet in a single daily dose       |
| children under 6 years of age   | Ask a doctor                               |
| <b>Other information</b> ■ store at controlled room temperature 15°-30°C (59°-86°F) ■ *This product is not manufactured or distributed by Boehringer Ingelheim Consumer Healthcare products, owner of the registered trademark Dulcolax®. |  |

| <b>Drug Facts (continued)</b>   |  |
|---|--|
| <b>Inactive ingredients</b> acacia, anhydrous calcium sulfate, anhydrous lactose, carnauba wax, colloidal silicon dioxide, corn starch, D&C Yellow #10 Aluminum Lake, FD&C Yellow #6 Aluminum Lake, gelatin, iron oxide, iron oxide Black, iron oxide Yellow (iron oxide ochre), magnesium stearate, microcrystalline cellulose, polyethylene glycol (PEG) 400, polyvinyl acetate phthalate, povidone, shellac, sodium starch glycolate, stearic acid, sugar, talc, and titanium dioxide. |  |

**Crystal Light Label**

This Product 5 Calories. Leading Beverages 70 Calories.

| <b>Nutrition Facts</b>                    | <b>Amount/Serving</b> | <b>% DV*</b> |
|---|-----------------------|--------------|
| Serv Size 1/8 packet (2g) (makes 8 fl oz) | <b>Total Fat</b> 0g   | <b>0%</b>    |
| Servings 128                              | <b>Sodium</b> 35mg    | <b>1%</b>    |
| <b>Calories</b> 5                         | <b>Total Carb</b> 0g  | <b>0%</b>    |
|   | Sugars 0g             |              |
|   | <b>Protein</b> 0g     |              |

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Not a significant source of Calories from Fat, Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, Calcium, and Iron.

**INGREDIENTS:** CITRIC ACID, POTASSIUM AND SODIUM CITRATE, ASPARTAME†, MAGNESIUM OXIDE, CONTAINS LESS THAN 2% OF NATURAL FLAVOR, LEMON JUICE SOLIDS, ACESULFAME POTASSIUM, SOY LECITHIN, ARTIFICIAL COLOR, YELLOW 5, BHA (PRESERVES FRESHNESS).

**CONTAINS: SOY.**

†PHENYLKETONURICS: CONTAINS PHENYLALANINE

**KRAFT FOODS GLOBAL, INC.**  
NORTHFIELD, IL 60093-2753 USA





## MAGIC Prep Program FAQ

# Common Problems/Easy Solutions

### 1. My bottom is sore.

Use the included baby wipes and apply the included petroleum jelly to your bottom as needed.

### 2. My bowel movements are not clearing.

The goal of the prep is to develop clear-to-yellow, watery bowel movements before the procedure. For most people, this will occur within several hours of finishing the laxative pills and solution. If your BMs do not clear in the evening, (that is they are still brown and/or contain pieces or flecks of brown material) you will likely clear after the morning dose of MagCitate.

If you're not clear after the morning bottle of MagCitate, just call the center at 7am at 302-993-0310 and tell them that your BMs didn't clear and what time you finished the MagCitate. Your doctor will give you advice on whether you're clear enough for the exam or whether further laxative is necessary. We would rather delay your procedure a few hours than have to repeat it due to a poor prep.

### 3. I made a mistake with my diet or food instructions.

Our instructions include avoiding high residue foods the day before your prep and having a small, low residue breakfast the morning of your prep day. These instructions are designed to help make it easier for your prep to clean you out. If you make a mistake and eat something restricted or not on the list during this time, don't be concerned. Just continue your prep as instructed. Your prep may have to work a little harder, but it will probably work fine. You do not need to call your doctor to ask if you can still have your exam.

#### **Two instructions are extremely important, however:**

- Take in only clear liquids after your low-residue breakfast. Eating solid foods later in the prep day will likely cause a delay or cancellation of your procedure.
- Do not take anything by mouth within 4 hrs of your procedure. Doing so will cause a delay or cancellation of your procedure.

### 4. I feel nauseated or I vomited some of the prep.

The ClearLax powder is tasteless, so your prep solution should taste like the drink it is mixed with. Therefore, "bad taste" should not be a cause of nausea. Likewise, the MagCitate has a citrus taste that many find agreeable.

Some people will feel nauseated because their stomach cannot tolerate the volume of drinking 8oz every 20 minutes. If this happens, just take a 30 min. break and start up again at a slower pace (as slow as 8oz. every 45 mins.) You must do your best to drink the entire 64oz. and then give it some time to work. The longer it takes to drink the solution, the greater chance you may lose some sleep having to use the bathroom in the middle of the night. If you happen to vomit some of the solution, don't be concerned. Just give yourself a short break and continue drinking the rest of the solution at a rate you can tolerate. You will likely get cleared out just fine.

### 5. I "just can't finish" the prep.

Fortunately, only few people will encounter this problem, since this is a relatively tolerable prep. However, if you run into a "brick wall" with the prep and just can't go on, there's no need to call in the middle of the night unless there is

**an emergency.** We won't be able to fill your slot at that time anyway if you need to cancel. And **only you** will be able to decide whether you can continue on.

Some patients can still have the procedure after a partial prep. This depends on how far you get with your prep and how well it does in cleaning you out. If your bowel movements are watery, but still predominantly brown, chances are you won't be cleaned out enough to undergo the procedure. If however your bowel movements are clear or nearly clear, you may still be able to have your procedure.

If you decide to "give up" on the prep in the late evening or overnight, **there is no need to call.** Simply remain on clear liquids and call the center at 7am at 302-993-0310. You will be advised what to do at that time. **Please note: if you take any solid food after "giving up" on the prep, there is NO chance you can have your procedure that day.** **There is no need to call in the middle of the night unless you are feeling ill or there is an emergency. Only you can decide whether you can continue on with the prep. Simply call the center at 7am and tell your doctor the problem, and he/she can help guide you from that point on.**

#### **6. I feel extremely ill or it's an emergency.**

Fortunately, the vast majority of people will have no trouble with the prep. However, any colon prep can make the rare patient feel **extremely ill.** If you begin feeling light-headed, experience any fainting or near-fainting episodes, or develop chest pain or heart palpitations, you must **immediately stop taking the prep and immediately go to the nearest emergency room.** You may call the on-call doctor at the number below for additional advice if you are concerned about a potential emergency or are feeling extremely ill.

If you have any known chronic illness, such as diabetes, heart, kidney or lung disease, you should be particularly wary and do not delay in getting to an emergency room if feeling extremely ill. All diabetic patients must monitor their blood sugar levels throughout the prep process and especially if feeling light-headed or ill. **Immediate treatment for low blood sugar readings is critical.**

#### **7. What if I forgot and took a blood thinner the week before the colonoscopy?**

If your doctor gave you permission to stop taking Plavix- or Coumadin-type medications, but you make a mistake and take it within a week of your colonoscopy, it is best to give your GI doctor a call for advice as soon as possible during the day or the next morning.

#### **8. Last time they told me I couldn't take Aspirin or Anti-inflammatory drugs like Motrin and Aleve. What changed?**

You are now allowed to continue taking aspirin and NSAIDS like Motrin, Advil, Naprosyn, and Aleve during the week of your colonoscopy. This is a change from some instructions given in the past. Studies have shown that these medications are not potent enough to cause problems during colonoscopy.

#### **9. Are there any other "easier preps", or colon exams that do not require a prep?**

Our prep program is designed to be the easiest and most effective prep regimen available. Over 90% of patients rate it as "excellent or good", and many people comment on the convenience, tolerable taste, and ease of administration. All preps require drinking at least 64 oz of fluid, including the so-called "pill prep".

All studies that look at the inside of the whole colon, such as traditional and virtual colonoscopy, require a cleansing prep. There are studies that do not visualize the entire colon, or don't visualize the colon at all. But these studies are more limited in their sensitivity and usefulness. If you are receiving a colonoscopy for a bowel problem, there is no substitute for a colonoscopy with a prep. If you are being screened for colon cancer, there are some less sensitive screening tests that don't require a prep, but they are much less sensitive and miss cancers more frequently.

**Number to call for an Urgent Question:  
302-225-2380**