

# Colonoscopy and Prep Instructions

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

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

**Cancellation Policy:**  
Cancellations within 4 business days incur a \$100 charge. This charge is not covered by insurance.

## Prep Instructions

**Important: Avoid Failed Prep or Need for Repeat procedure**  
Please watch detailed Video Instructions and FAQ at  
[www.MidAtlanticGI.com](http://www.MidAtlanticGI.com) -or- Scan QR code →



### The Week BEFORE Colonoscopy

- Stop taking Iron-containing vitamins and medications
- Stop the following blood thinners if, and only if, the Prescribing Physician approves for the number of days s/he allows: Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis. Please notify GI office in advance if prescribing physician does not approve stopping any of these meds.
- Okay to continue Anti-inflammatory medications, such as aspirin, ibuprofen, Motrin, Aleve, and Tylenol.
- 2 days before exam: Avoid high-fiber foods: fresh/dried fruit, vegetables, seeds, nuts, marmalades.

### The Day BEFORE Colonoscopy

|                |   |
|----------------|---|
| Between 5-9 am | You may have a low-residue breakfast, if you desire, strictly limited to: <ul style="list-style-type: none"> <li>• 2 eggs (boiled or fried) <u>or</u> 1 oz. cheese</li> <li>• ½ cup of milk</li> <li>• 2 slices of white bread/toast</li> <li>• 1 tsp. of butter (if desired)</li> </ul>          |
| 9 am           | • <b>Begin and remain on a strict CLEAR LIQUID Diet</b> (see table on next page)  |
| 3 pm           | • <b>Take 2 (of 4) prep pills</b> (Bisacodyl) by mouth with Clear Liquids<br>• Mix the entire bottle of ClearLax powder and the sleeve of Crystal Light (or any clear liquid you wish to use) with 64oz of water. Stir until dissolved. Chill with ice or in refrigerator.                        |
| Between 3-6 pm | • <b>Begin drinking ClearLax solution</b> --One 8oz glass every 20 mins. until entire 64oz is gone.<br>• A straw may help. If you become nauseated or vomit, take a 30 min. break, then continue.<br>• You may start any time btw 3-6pm, but the earlier you start, the better sleep you may get. |
| 9 pm           | • <b>Take the last 2 prep pills</b> (Bisacodyl) with Clear Liquids<br>• Continue drinking Clear Liquids. It is very important to remain hydrated.   |

### The Day of Colonoscopy

- 4 hours prior to your arrival time, **Pour the entire 10oz bottle of Magnesium Citrate over ice and drink.** Note: This may be in the middle of the night or very early morning.
- **TAKE NOTHING BY MOUTH WITHIN 3 HOURS OF YOUR ARRIVAL TIME.**
- You may take critical medications with Clear Liquids up until 3hrs. before your arrival time.
- For afternoon arrival times, you may continue Clear Liquids until the time you take the MagCitrate.
- You must have someone to drive you home or accompany you home on public transportation. If your procedure is in the afternoon, your driver must remain at the facility during the procedure.
- You must not drive or be responsible for important decisions until the morning after your procedure.

