



Integrative Colonoscopy Prep Instructions

Important Information

Please call us at [212-434-3427](tel:212-434-3427) if:

- You cannot make your appointment (must be 1 week early notice)
- You're concerned your prep is not working
- You have any questions or concerns

Pre-Procedure Checklist: [1 week before procedure](#)

- Do blood work / EKG (fax to 212-434-6275) - as determined by your provider
- Get Magnesium Citrate (2 bottles, 10 oz)
- Get Fresh ginger root & maple syrup
- Get 2 Senna pills (8.6 mg)



- Stock up on nourishing broths and clear liquids (water, tea, black coffee, bone broth, raw apple cider vinegar, miso soup, Brodo seaweed mushroom broth). Fresh-squeezed juices with simple and clear ingredients like apple, and cucumber. Mint tea can be soothing.
 - Avoid juices with pulp and anything with red, blue, or purple color
- Talk to your doctor about any clearances you may need or possible medicine adjustments like:
 - Blood thinners
 - Diabetes medicine
 - Cardiac issues
- **Important:** Arrange who will drive you home after your procedure ahead of time. You cannot take public transportation, a taxi, or rideshare.



How to Prep for Your Colonoscopy

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| <p>1 day before your procedure</p> | <ul style="list-style-type: none"> ● Eat a low-fiber breakfast (white rice, scrambled tofu, plant-based yogurt, soft cooked veggies with no skin) ● Follow a clear liquid diet for the rest of the day <ul style="list-style-type: none"> ○ Clear liquids are: water, tea, black coffee, veggie broth, fresh-squeezed juice, bone broth, miso soup, and mint tea ○ Switchel (2 tablespoons raw apple cider vinegar, 1 tsp grated fresh ginger, 1 cup water, 2 teaspoons maple syrup (optional)) |
| <p>1 day before your procedure @ 6pm</p> | <ul style="list-style-type: none"> ● Drink 1 bottle of magnesium citrate <ul style="list-style-type: none"> ○ Take 2 Senna pills, if you have issues with constipation |
| <p>4 hours before your procedure</p> | <ul style="list-style-type: none"> ● Take morning medicine with sips of clear liquid ● Drink the 2nd bottle of magnesium citrate ● You may need to wake up very early to complete the prep <ul style="list-style-type: none"> ○ This helps you get a good prep so you don't need to repeat the process all over again! ● The correct timing of drinking the prep is critical ● Do NOT eat or drink (including water) after finishing prep drink ● Do NOT smoke |

Procedure Checklist & Hospital Arrival

- **You cannot drive after the procedure or take public transportation.** Please have someone at the hospital to take you home.
- Arrive at the hospital **1 hour before your procedure time**