

**MANHATTAN ENDOSCOPY CENTER  
ALBERT M. HARARY, MD  
535 FIFTH AVENUE, 5<sup>TH</sup> FL.  
(Entrance on East 44<sup>th</sup> St. between 5<sup>th</sup> Ave and Madison)  
NEW YORK, NY 10017  
(212) 702-0123**

**MAGNESIUM CITRATE COLONOSCOPY  
PREPARATION (SPLIT)**

**FOR ONE WEEK BEFORE THE COLONOSCOPY, DO NOT TAKE:**

- aspirin
- iron medications
- vitamins

**FOR 5 DAYS BEFORE THE COLONOSCOPY, DO NOT EAT:**

- foods containing seeds (squash, tomatoes, cucumbers, pickles, peanuts, sesame seeds, poppy seeds, rye bread with seeds, popcorn etc.)
- foods with leaves (lettuce, spinach, kale, etc.)

***YOU CAN HAVE WHITE RICE, BREAD, POTATO, OR PASTA WITH YOUR MEATS!***

**PURCHASE FROM YOUR PHARMACY (over the counter):**

1. 3 Dulcolax (Bisacodyl) pills
2. Two 10-ounce bottles of Citrate of Magnesia (NOT RED or PURPLE)

**MEDICATIONS:**

- **BLOOD THINNERS (Coumadin, Warfarin, Plavix, Dipyridamole, and Aggrenox) or DIABETES medications or injections: If you are taking these, call Dr. Harary's office for instructions.**
- **If you take any of the following medications, take them early in the morning on the day of the colonoscopy:**
  - Blood pressure medications.**
  - Heart medications.**
  - Seizure medications.**
  - Medication for breathing problems.****You may drink half a glass of water with these.**
- **Anti-inflammatory/ arthritis pain medications (Advil, Motrin, Aleve, Mobic, Relafen, Ibuprofen, Naproxen, etc.) should NOT be taken for 36 hours before the colonoscopy. Tylenol may be used.**
- **Cholesterol medications (statins) such as Zocor, Lipitor, Vytorin, Pravachol, can be taken the day or evening before the colonoscopy.**

**PREPARATION:**

1. Beginning on \_\_\_\_\_ at 1PM, solid foods stop! and you can only drink clear liquids, such as tea, clear broth, Jell-o, water, apple juice, ginger ale, Crystal Light, flavored ices, ice pops, and clear carbonated beverages. You should drink a lot of these liquids. **Do not drink red or purple liquids, milk or coffee.**
2. The day before the procedure, at 5 PM, take three (3) Dulcolax (bisacodyl) tablets. You may feel some abdominal cramping, but this is usually brief.
3. At 7 PM, drink one 10-ounce bottle of Citrate of Magnesia. You should mix the Citrate of Magnesia with 3 glasses of water or any clear liquids you wish. Drink the Citrate of Magnesia slowly over 30-60 minutes. *\* There may be loose bowel movements 3 hours after taking this.\**
4. On the day of your colonoscopy, take the second 10-ounce bottle of Citrate of Magnesia 4 to 6 hours before your colonoscopy is scheduled. This should be mixed with 3 glasses of water or any clear liquids you wish.  
*\* There may be loose bowel movements 3 hours after taking this, so plan accordingly.*
5. Do not drink anything after \_\_\_\_\_ on \_\_\_\_\_. You should drink plenty of liquids until 4 hours before your colonoscopy. After this you should drink nothing, not even water!

**APPOINTMENT:**

Time: \_\_\_\_\_ on \_\_\_\_\_ at: \_\_\_\_\_

**Manhattan Endoscopy Center**

**535 Fifth Avenue, 5<sup>th</sup> Floor**

**(on East 44<sup>th</sup> St., between Fifth & Madison Avenues).**

**PLEASE ARRIVE 30 MINUTES BEFORE SCHEDULED TIME.**

**NOTE:** Plan to be in the center for approximately two hours. You will not be able to drive a car for at least 12 hours after the procedure. You must arrange for an escort to pick you up after the procedure. If you have any questions, please call this office at (212) 702-0123.

**CANCELLATION POLICY: YOU MUST PROVIDE, AT LEAST, 3DAYS NOTICE IF YOU NEED TO CANCEL OR POSTPONE YOUR APPOINTMENT OR THERE WILL BE A \$200.00 CANCELLATION FEE.**

**SPECIAL INSTRUCTIONS:**

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