

AMBER M. KHAN, M.D.  
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Your procedure is scheduled for Date: \_\_\_\_\_ Time: \_\_\_\_\_ at the **Garden State Endoscopy & Surgery Center, located at:**

**Diamond Head Building**  
**200 Sheffield Street, Ste #101**  
**Mountainside, NJ 07092**  
**Phone: (908) 241-8900**

Arrival Time: **1 hour prior to the procedure.** Please make sure you have a responsible adult driver (18-year-old or older) who will pick you up after the procedure. No taxis allowed. It takes around 3-4 hours total time for a colonoscopy. Do not bring jewelry or valuables. No body-piercing jewelry is allowed for the test. Bring your **insurance card** and a **Photo ID.**

**If you are on blood thinners, your doctor needs to know so they are stopped if indicated. You may NOT take any Aspirin, Advil, Aleve, Ibuprofen, Motrin, Fish Oil, Vit E, Coumadin or similar products for 7 days before the test. Tylenol is allowed if needed. If you are diabetic, please inform the staff. No smoking cigarettes for 12 hours before. Nothing by mouth 4 hours before. No vaping or marijuana use for 24 hours.**

Medications allowed on the day of the test: **Take AM medications at least 4 hours before procedure time with sips of water.**

**AM MAGNESIUM CITRATE COLONOSCOPY INSTRUCTIONS: (BEFORE 1PM PROCEDURE TIME)**

1. Purchase three bottles of Magnesium Citrate (10 oz., any flavor but it must be clear/colorless) over-the-counter and refrigerate them. You will also need Dulcolax(laxative) 5mg Oral Tablets.
2. **Two days before your procedure, take 4 Dulcolax tablets at 6 P.M.** with a glass of water. This will clear out most of the solid stool from your colon and make the liquid prep much easier
3. **The day before your procedure, stay on CLEAR LIQUIDS (No Red, Blue or Purple COLORS) all day:**

**Suggestions: \*Chicken/beef broth \*Coffee/tea (without milk) \* Jell-O/ice pops \*soda/water/Gatorade \*apple/white grape juice**

4. **At 3P.M.,** drink your first bottle of Magnesium Citrate followed by 3 (three) glasses of water. You may use a straw to drink. You may suck on a lemon wedge to change the taste in your mouth. Drink slowly if you get nauseous.
5. **At 10P.M.,** drink the second bottle of Magnesium Citrate followed by three more glasses of water. Make sure to have at least a 6 hour interval between the two bottles of Magnesium Citrate.
6. You may continue to drink clear liquids up until 4 hours before the procedure.
7. On the **day of the procedure** you may or may not be allowed to have a glass of clear liquid with your medications no later 4 hours before your procedure. You have to strictly fast after that.

8. If you **don't have clear yellow or light green bowel movements** by 6 A.M. the day of the test, you will need to drink the third bottle of Magnesium Citrate, followed by 1 glass of water, then nothing by mouth. Make sure to inform the office at 9A.M., so we can move your procedure time to at least 6 hours after your last bottle. Please do not delay drinking the third bottle or else your procedure time will be moved to the end of the day.

**PM MAGNESIUM CITRATE COLONOSCOPY INSTRUCTIONS: (AFTER 1PM PROCEDURE TIME)**

1. Purchase three bottles of Magnesium Citrate (10 oz., any flavor but it must be clear/colorless) over-the-counter and refrigerate them. You will also need Dulcolax (laxative) 5mg Oral Tablets.
2. **On the day before your procedure**, stay on **CLEAR LIQUIDS (No Red, Blue or Purple COLORS) all day:**  
Suggestions: \*Chicken/beef broth \*Coffee/tea **(without milk)** \* Jell-O/ice pops \*soda/water/Gatorade \*apple/white grape juice
3. **Two days before your procedure, take 4 Dulcolax tablets at 6 P.M.** with a glass of water. This will clear out most of the solid stool from your colon and make the liquid prep much easier
4. **At 9 P.M.**, drink your first bottle of Magnesium Citrate followed by 3 (three) glasses of water. You may use a straw to drink. You may suck on a lemon wedge to change the taste in your mouth. Drink slowly if you get nauseous.
5. **At 6 A.M., the morning of the procedure**, drink the second bottle of Magnesium Citrate followed by three more glasses of water. Make sure to have at least a 6 hour interval between the two bottles of Magnesium Citrate.
6. You may continue to drink clear liquids up until 4 hours before the procedure.
7. On the **day of the procedure** you may or may not be allowed to have a glass of clear liquid with your medications no later 4 hours before your procedure. You have to strictly fast after that.
8. If you don't have clear yellow or light green bowel movements by 10 A.M. the day of the test, you will need to drink the third bottle of magnesium citrate, followed by 1 glass of water, then nothing by mouth. Make sure to inform the office, so we can move your procedure time to at least 6 hours after your last bottle. Please do not delay drinking the third bottle or else your procedure time will be moved to the end of the day or to the following day.

**Please make sure that on the morning of your Colonoscopy you are passing CLEAR liquid without any debris. If you don't see the bottom of the toilet bowl through it, your Colon is not clean.**

**IT IS YOUR RESPONSIBILIY AS THE PATIENT TO LET DR. AMBER KHAN'S OFFICE KNOW OF ANY CHANGES OR UPDATES TO YOUR MEDICAL HISTORY/MEDICATIONS AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE.**

**This is including but not limited to new medications prescribed, any new heart or lung symptoms including chest pain, shortness of breath, or hospital admission.**