

Colonoscopy Preparation with Magnesium Citrate

Appropriate bowel cleansing is one of the *most important* steps in performing a successful and accurate colonoscopy. Please read this sheet in advance of your procedure and follow these instructions carefully.

If you have any questions, please do not hesitate to call us.

One week prior to procedure:

- Purchase the following items at your local pharmacy:
 - Three 10-ounce (296 mL) bottles of Magnesium Citrate and two Dulcolax tablets
 - Consider purchasing a large bottle (64 ounces) of a sports drink (but not red/purple) to stay hydrated
- Avoid red/purple foods, nuts, seeds, popcorn, grapes, peas, beans and tomatoes since these foods may interfere with preparation.
- If you take **blood thinners** such as Aspirin (or Aspirin containing products), Plavix (Clopidogrel), Effient (Prasugrel), Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban), or any other blood thinners *please inform us in advance* so that these medicines can be adjusted appropriately.
- If you are a diabetic and take **insulin** or other medications to lower your blood sugar, *please inform us in advance* so that these medicines can be adjusted appropriately.
- Stop any anti-inflammatory medicines (Aleve, Motrin, Advil, Ibuprofen, Naproxen). You can take Tylenol if needed for pain.
- Stop taking iron supplements or vitamins containing iron.

On the day before the procedure:

- You may have a light breakfast.
- You will need to be on a “clear/thin” liquid diet for the rest of the day. Examples of clear/thin liquids include water, broth, Jell-o, juices, sports drinks, sodas, ginger ale, lemonade, popsicles, coffee/tea (*without* milk).
- Avoid red- or purple-colored liquids, juices with pulp, dairy products.
- It is important to stay hydrated and drink as much fluid as you can throughout the day!

The preparation:

- If your procedure is in the morning:

- Drink the first bottle of Magnesium Citrate at 6 pm the night before your procedure along with the two Dulcolax tablets.
- Drink the second bottle of Magnesium Citrate at 8 pm the night before your procedure.
- Drink the third bottle of Magnesium Citrate at 10 pm the night before your procedure.
- Drink plenty of fluids (non-red sports drink or water) to help the cleansing process and to stay hydrated.
- If your procedure is in the afternoon:
 - Drink the first bottle of Magnesium Citrate plus the two Dulcolax tablets at 8 pm the night before your procedure.
 - Drink the second bottle of Magnesium Citrate at 10 pm the night before your procedure.
 - Drink the third bottle of Magnesium Citrate at 6 am the *morning* of your procedure.
 - Drink plenty of fluids (sports drink or water) to help the cleansing process and to stay hydrated.
 - Do not eat or drink anything within 4 hours of your procedure.

The day of the procedure:

- *Do not drink anything within 4 hours of your procedure otherwise your procedure may be canceled.*
- You can take your regular medications (unless instructed otherwise) with water; but try to do so **4 hours** before your procedure. If you have an early morning procedure, you can bring your medications with you and take them after your procedure.
- Please arrive at your designated location **at least 45 minutes early** to allow for registration and so that your procedure is not delayed or canceled.
- Women of child-bearing age may be asked to provide a *urine sample* to ensure you are not pregnant.
- You should be accompanied by a relative/friend to help you get home after the procedure.
- You should not drive or drink alcohol for 12 hours after the procedure.

Please do not hesitate to call us with any questions!