

## ***Colonoscopy Prep – Magnesium Citrate***

### ***In Advance...***

- In advance, you will need to purchase **three** 10-oz bottles of Magnesium Citrate (LEMON flavored only) and **two** (2) Dulcolax tablets (NOT stool softeners) from the pharmacy or supermarket of your choice (these are available over the counter).
- **Avoid eating: Seeds, Nuts and Corn 5 days before your procedure.**
- If you take blood thinner products: follow the instructions for your blood thinner products as you were directed by your physician.
- If you take insulin products or oral diabetes pills: Contact your physician to obtain specific directions for dosages on the day before and day of your procedure.

### ***Prep Instructions....***

## **DRINK PLENTY OF CLEAR LIQUIDS TO PREVENT DEHYDRATION**

- **The day before your exam for BREAKFAST:** You may have only *boiled or poached eggs, white bread, hot cereals, yogurt, chicken, turkey, or fish (not fried) and any clear liquids listed below.*
  - **After breakfast switch to clear liquids.**
  - **On your clear liquid diet you may have only:** water, chicken or bouillon/beef broth, coffee or tea without cream, pulp-free fruit juices (apple, white grape), sport drinks like clear Gatorade®, Clear Jello® or Clear sodas (Sprite®, 7Up®, ginger ale). Avoid drinking anything that is **red, blue, or purple.**
  - At 4 p.m. take two (2) Dulcolax laxative tablets as directed on the package.
  - At 6 p.m. begin drinking 1½ bottles (15oz total) of LEMON flavored Magnesium Citrate.
  - Continue drinking clear liquids the evening before your procedure and the following morning until 4 hours before your procedure.
- **The day of your exam, 4 hours before your procedure time:** drink the remaining 1½ bottles (15 oz) of LEMON flavored Magnesium Citrate with 16 oz of water or other clear liquid.
  - **After drinking the remaining Magnesium Citrate, stop all fluids. Do not eat anything until after your procedure is complete, including NO gum, mints or candy.**
  - If your stools are not clear/yellow 2 hours prior to procedure, please call 970-297-6303 for further prep instructions
- Arrive at Harmony Surgery Center 1 hour prior to your procedure time. As a reminder, your procedure will be cancelled if you do not have a ride home arranged (your driver must be 18 years of age or older).