

COLONOSCOPY PREP – MAGNESIUM CITRATE

To get the best results from your colonoscopy and to avoid having to do the procedure over, please follow these instructions completely unless directed otherwise by your physician. In order for us to examine your colon properly, it must be clean. If you have questions, please call us at 970-207-9773.

Timeline	What you need to do	Comments
7 days before procedure	<ul style="list-style-type: none"> <input type="checkbox"/> Arrange for a responsible adult to come with you into the facility on the day of your procedure to listen to your discharge instructions and drive you home. You may NOT take a cab or public transportation. You will not be allowed to drive until the day following your procedure. <input type="checkbox"/> <u>IF YOU TAKE BLOOD THINNER PRODUCTS:</u> follow the instructions for your blood thinner products as you were directed by your GI physician or cardiologist/prescribing physician. <input type="checkbox"/> <u>IF YOU TAKE INSULIN PRODUCTS OR ORAL DIABETES PILLS:</u> Contact your physician to obtain specific directions for dosages on the day before and day of your procedure. 	For your safety, your procedure will be cancelled if you do not have a ride home arranged.
5 days before procedure	<ul style="list-style-type: none"> <input type="checkbox"/> Purchase the following from your pharmacy or drug store: <ul style="list-style-type: none"> ○ Three 10-oz bottles of Magnesium Citrate (any flavor, as long as it is CLEAR) ○ A box of 5 mg Dulcolax[®] laxative tablets (NOT stool softeners) <input type="checkbox"/> Avoid eating: Seeds, Nuts, and Corn 5 days before your procedure. 	
1 day before procedure	<ul style="list-style-type: none"> <input type="checkbox"/> BREAKFAST: You may eat a light breakfast, which may include boiled or poached eggs, white bread, hot cereals, yogurt, chicken, turkey, or fish (not fried) and any clear liquids listed below. <input type="checkbox"/> After breakfast and for the rest of the day, do not eat anything and drink ONLY clear liquids (Avoid drinking anything that is RED, BLUE, or PURPLE). Clear liquids include: <ul style="list-style-type: none"> ○ 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[®] (no red, blue, or purple) ○ Clear sodas (Sprite[®], 7Up[®], ginger ale) 	The day before your procedure do not eat any food after breakfast until after your procedure tomorrow.
1 day before at 4 p.m.	<ul style="list-style-type: none"> <input type="checkbox"/> Take 2 Dulcolax laxative tablets (10 mg total) as directed on the package. 	

<p>1 day before at 6 p.m.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Drink 1½ bottles (15 oz) of Magnesium Citrate. <input type="checkbox"/> Continue drinking clear fluids throughout the evening. 	<p>Remain close to toilet facilities. You may use baby wipes or A&D ointment to alleviate any discomfort from your prep results.</p>
<p>Day of Procedure: At least 5 hours before procedure time</p> <p>(For example, if your procedure is at 8 a.m., you will need to get up at 3 a.m. to drink the rest of the Magnesium Citrate.)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Take your usual medications (especially heart and blood pressure medications) up to 4 hours prior to the procedure. It is OK to take aspirin up to and including the day of the procedure, up to 4 hours prior to your procedure. Follow specific directions given by your physician regarding insulin, oral diabetes pills, and blood thinners. <input type="checkbox"/> Drink remaining 1½ bottles (15 oz) of Magnesium Citrate with 16 oz of water or other clear liquid. <input type="checkbox"/> After that, stop all fluids. <input type="checkbox"/> Do not drink or eat anything starting 4 hours prior to your procedure and until after your procedure is complete, including NO gum, mints, or candy. 	<p>If your stools are not clear/yellow 2 hours prior to your procedure, please call 970-297-6303 for further prep instructions.</p> <p>Your bowel movements will turn watery and, toward the end of the prep, will appear yellow or clear. If the bowel movement IS NOT YELLOW OR CLEAR, notify the pre-op nurse when you arrive at the facility.</p>
<p>Appointment time</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Arrive at your appointment time with your responsible adult companion (see page 1). 	<p>For your safety, your procedure will be cancelled if you do not have a ride home arranged.</p>