

INSTRUCTIONS FOR COLONOSCOPY WITH MAGNESIUM CITRATE PREPARATION

Please hold the following medications for 5 days before exam: Advil, ibuprofen, Motrin, Aleve, naprosyn, iron, aspirin or any medications you take for arthritis (you may take prednisone).

If you are taking blood thinners (to include coumadin, Plavix, Aggrenox, Ticlid, Persantine, dipyridamole, Lovenox), please contact your referring physician about guidance with these medications.

Additional medication instructions: _____.

1. **Begin a clear liquid diet (see below) at breakfast on _____.**
2. **Take four (4) Dulcolax® (bisacodyl) before taking the magnesium citrate.** (These may be purchased at any pharmacy or grocery store without a prescription).
3. **Drink one ten (10) ounce bottle of magnesium citrate at _____ on _____.** (This may be purchased at any pharmacy or grocery store without a prescription). It is best to drink the entire bottle rapidly rather than sip it until gone.
4. **For 24 hours prior to the procedure, you should drink extra fluids to prevent dehydration. Drink at least eight (8) ounces of clear liquids every 2 hours while awake.**
5. Feelings of bloating, and/or nausea are possible. This is temporary and will improve once bowel movements begin but may continue intermittently for one to two hours. Most people have a bowel movement within an hour or two of starting the laxative. Sometimes, there may be a delay of four hours. You just need to be patient. Remember to stay close to the bathroom.
6. **You may have clear liquids until _____ on _____, then nothing by mouth until after the exam.** If your procedure is scheduled for the afternoon, you may take your usual AM medications with the exceptions noted above.
7. **Report to Desk 3B at _____ on _____** for your colonoscopy with Dr. _____.

Clear liquids include all of the following: Strained fruit juices without the pulp, water, clear broth or bouillon, coffee or tea (without milk or non dairy creamer), Gatorade, carbonated and non carbonated soft drinks, Kool-aid, (or other fruit flavored drinks), plain Jello (without fruit or toppings), and ice popsicles. **No red or purple please. No milk products or solids.**

If you have questions please feel free to contact our nurse at 254-724-1673/5401/3646
or Toll free at 1-866-366-0517 option 4

**You must bring a driver and have them remain in the 3B lobby during the exam.
The procedure will not be done without a driver present!**

****Only light make up should be worn**
** Please do not wear any jewelry ****

