

COLONOSCOPY PREPARATION - MAGNESIUM CITRATE

No prescription necessary, purchase over the counter

Three 10 fluid ounce bottles – Lemon or Lime flavor only

The following instructions are very important. Please read the brochure thoroughly and follow the instructions as outlined. The preparation for your colonoscopy is among the most critical and challenging parts of your colonoscopy. The bowel must be adequately cleansed for proper visualization. Please follow the instructions carefully to avoid having to reschedule your procedure. Please be sure to take the Magnesium Citrate as directed. If you have any questions or problems, please call us at 916-773-6200 so we can resolve them as soon as possible.

PRIOR TO YOUR PROCEDURE

1 week before your procedure

- If you are on Coumadin (Warfarin) therapy, Plavix or other blood thinning medication contact the physician that prescribes this medication to discuss special instructions.
- Consider the clear liquid diet you will be adhering to, and ensure you have enough clear liquids at your disposal to keep you hydrated and feeling full the day before your procedure. (see clear liquid diet includes at bottom of next page)

2 days before your procedure

- Stop all aspirin- containing products including ibuprofen and non-steroidal and anti-inflammatory products (NSAIDS). These include Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Indocin, Celebrex, Relafen, Feldene and Onudis.
- You may use Tylenol (acetaminophen) as a substitute. If you require stronger pain medication, contact your primary care physician.
- Stop all iron supplements.
- You may take your multivitamin.

The day before your procedure

- Do not eat solid foods. Drink clear liquids only.
- With the exception of aspirin, Coumadin (Warfarin), Plavix or other blood thinning medications, (please discuss specific instructions with the physician that monitors your Coumadin levels) all medications may be taken as usual today.
- Refrigerate Magnesium Citrate if desired.
- Do not drink alcohol.

- Be sure to drink plenty of fluids before your procedure. If you become dehydrated, it could affect your kidney function.
- Drink liquids with calories, not dietetic or sugar free products, so your blood sugar does not get too low. We recommend Gatorade or other sports drinks.
- Do not have anything red or purple in color!
- Do not consume dairy products (milk) or juices with pulp.
- You may have water, Gatorade or other sports drinks, black coffee or tea (sugar is OK) apple, white grape or white cranberry juices, ginger ale, Sprite, 7-Up, seltzer water, popsicles, clear beef or chicken bouillon, and Jell-O.
- DO NOT HAVE ANY SOLID FOODS! Strictly adhere to the clear liquid diet outlined above. Do not have anything red or purple in color.

At 6:00 PM

- Drink 15 fluid ounces (a bottle and a half) of lemon or lime flavored Magnesium Citrate. To improve the taste, chill it ahead of time.
- Immediately after drinking Magnesium Citrate, drink at least 2 to 3 eight ounce glasses of clear liquids.
- Continue to drink clear liquids until bedtime.
- The laxative effect can begin within 1-4 hours. Be prepared to be near the bathroom during the preparation.

THE DAY OF YOUR PROCEDURE

4-6 hours before arrival time

- Do not have breakfast of any kind.
- Drink the remaining 15 fluid ounces (bottle and a half) of lemon or lime flavored Magnesium Citrate. You may have to get up in the night to take this dose. This is essential for a good preparation of the colon.
- Immediately after drinking Magnesium Citrate, drink at least 2 to 3 eight ounce glasses of clear liquids.
- Continue to drink clear liquids until 3 hours before your scheduled arrival time. • All oral diabetic medications should not be taken the day of the procedure.
- Patients on insulin should contact the physician who prescribes the insulin for instructions for day prior to and day of procedure.
- Take all your heart, blood pressure, and seizure medication as usual with small sips of water.
- Allow enough time for the laxative to finish working before traveling.

3 hours before your arrival time

- DO NOT DRINK ANYTHING, INCLUDING WATER, FOR 3 HOURS BEFORE YOUR ARRIVAL TIME. If you do, we may be unable to perform the procedure.
- Be sure to bring your pre-admission questionnaire with you to your appointment.

AFTER YOUR COLONOSCOPY

- Because you are receiving moderate sedation, you must have an adult (18 years or older) accompany you home. The driver must be flexible as the procedure may run longer than expected. If you do not have a ride, we cannot do the procedure with sedation.
- The person driving you must accompany you at check in for confirmation and instructions for pick up.
- You should not plan to work, schedule other appointments or meetings following your procedure. You should not drive for the remainder of the day.
- After your procedure is completed, you may experience some cramping or bloating because of the air introduced into the colon during the examination. This should discontinue promptly with the passage of gas.
- Generally you should be able to eat after your procedure, but your doctor may restrict your diet and activities , especially if a polyp was removed.

HELPFUL HINTS

- You should be prepared to be near the bathroom during this preparation. The laxative can take effect within 1-4 hours.
- The laxative will cause you to have very loose, watery stools. That is the goal. Take the entire laxative to be sure your colon will be well prepped for viewing.
- Consider having a soothing cream such as Vaseline, A&D Ointment, or Destine available to reduce irritation from frequent bowel movements.
- Please pay close attention to the directions concerning what you should and should not eat and drink to avoid having to reschedule your procedure.
- You should allow enough time for the laxative to finish working before traveling.

CLEAR LIQUID DIET INCLUDES: Water, Gatorade and other sports drinks, black coffee or tea (sugar is OK) apple, white grape or white cranberry juice, ginger ale, Sprite, 7-UP, seltzer water, popsicles, clear beef or chicken bouillon, and Jell-O.