

Patient Information

MAGNESIUM CITRATE PREP FOR COLO

MAGNESIUM CITRATE PREPARATION FOR COLONOSCOPY

PLEASE READ ALL INSTRUCTIONS AS SOON AS THEY ARE RECEIVED

1. NO ASPIRIN OR IBUPROFEN PRODUCTS 7 DAYS PRIOR TO EXAM. TYLENOL IS OK.
2. IF YOU ARE TAKING COUMADIN, PLAVIX, AGGRENOX OR OTHER BLOOD THINNERS, PLEASE NOTIFY THE OFFICE AT LEAST 10 DAYS PRIOR TO EXAM.
3. PLEASE HAVE SOMEONE AVAILABLE TO DRIVE YOU HOME. FOR YOUR SAFETY, PUBLIC TRANSPORTATION SUCH AS A TAXI OR BUS IS NOT ALLOWED.

You will need to purchase **THREE (3)** 10 oz. bottles of Magnesium Citrate. This is an over the counter laxative. Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It often works in 30 minutes but may take as long as 3 hours.

DAY BEFORE EXAMINATION

You may eat a light breakfast. You are to remain on clear liquids up until 3 hours before the procedure. Solid foods, milk, or milk products are not allowed. There is no limit to the amount of clear liquids you may consume.

CLEAR LIQUIDS INCLUDE:

- Strained fruit juices- no pulp
- Water
- Clear broth or bouillon
- Coffee or Tea

ALL OF THE FOLLOWING BUT NOT COLORED RED OR PURPLE

- Gatorade (strongly recommended)
- Carbonated and non carbonated soft drinks
- Kool-aid (or other fruit flavored drinks)
- Plain Jell-O (without added fruit or toppings)
- Popsicles

CHOOSE **ONE** OF THE FOLLOWING OPTIONS:

Option One:

1. At 12 noon, the day before the exam, take 1 1/2 bottles of magnesium citrate. Drink and then follow with 8 oz. of a clear liquid. Continue to drink throughout the day to keep well hydrated.
2. At 7pm repeat step one with at least 3 additional 8 oz. portions of clear liquids before going to bed.

Option Two:

1. At 7pm, the evening before the exam, take 1 1/2 bottles of magnesium citrate. Drink and then follow with 8 oz. of a clear liquid. Drink at least 3 oz. portions of clear liquids before going to bed.
2. On the day of the exam, **AT LEAST 4 HOURS PRIOR TO YOUR EXAM TIME**, drink 1 1/2 bottles of magnesium citrate. Follow with 8 oz. of a clear liquid.

**STOP ALL LIQUIDS 3 HOURS PRIOR TO EXAM.
PLEASE CALL 508-747-1560 WITH ANY QUESTIONS**

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