



COLONOSCOPY (Magnum) INSTRUCTIONS FOR

Avoid foods/herbal meds that contain seeds for one week prior to colonoscopy

***Purchase three, 10 ounce bottles of Magnesium Citrate available over-the-counter at any pharmacy, doesn't require a prescription. Take these instructions with you to the pharmacy if necessary. These will be taken at 10:00 am, 2:00 pm. and 6:00 pm.

COLONOSCOPY PREP USING MAGNESIUM CITRATE AND MILK OF MAGNESIA

*****3 DAYS PRIOR TO EXAM*****

Drink 30 MI Milk of Magnesia twice a day starting 3 days prior to procedure.

*****DAY BEFORE EXAMINATION*****

*****Have a light breakfast before 7 am i.e. toast, cold cereal etc. NO BACON, EGGS, ETC. *****

After your light breakfast, solid foods, milk products are not allowed. You will consume ONLY clear fluids until after your procedure.

*****Then drink 12 ounces or more of clear liquids every hour while you are awake*****

***Take regular medications at the usual time prior to your colonoscopy, unless otherwise Specified by nursing staff or physician. Diabetics please read reverse side for more detailed instructions.

*****CLEAR LIQUIDS INCLUDE*****

Please avoid all liquids that are colored RED OR PURPLE. You may mix the magnesium citrate with any of the liquids listed.

- Strained fruit juices without pulp (apple, white grape, and lemonade).
- water
- clear broth or bouillon
- coffee or tea (without milk or non-dairy creamer)
- Carbonated & non-carbonated soft drinks (Gingerale, 7 UP, Coke, Pepsi, Sprite etc.)
- plain Jell-O (without fruits or toppings)
- ice Popsicle, Italian ices
- Gatorade

1. **At 10 A.M. Drink one 10 ounce bottle of Magnesium Citrate**
2. **At 2 P.M. Take your second dose of 10 ounces of Magnesium Citrate**
3. **At 6 P.M. Take your third dose of 10 ounces of Magnesium Citrate**

4. This prep will cause you to have multiple bowel movements. Please remain within easy reach of toilet facilities once you begin the laxative part of this prep. If your rectal area becomes sore or burns from the prep you may apply A and D ointment or Vaseline to that area.
5. **DIABETIC PATIENTS** Drink NON sugar free clear liquids. If you are on Insulin take ½ your evening dose the night before your colonoscopy and do not take any insulin the morning of the colonoscopy. If you check your sugars with a glucoscan please continue to do so. If you take an oral hyperglycemic agent stop it the day of the prep and the day of the colonoscopy.

Any questions please call the Outpatient Surgery Department at 695-5263 or 695-5264 6:30 a.m.-6:30 p.m. Please leave a message and your call will be returned as soon as possible. To note the OR staff is off Friday-Monday if you leave a message on those days your call will not be returned until Tuesday. If you have any questions or concerns after hours, feel free to call the Inpatient Nurses Station West at 695- 5266.

Revised August 15th,2017

