



COLONOSCOPY PREP INSTRUCTIONS

Avoid foods/herbal meds that contain seeds for one Week prior to your 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. **The Magnesium Citrate will be taken at 10:00 am, 2:00 pm. and 6:00 pm.** You can drink the magnesium citrate warm or you may refrigerate it. It can be mixed with the clear liquids you drinking or plain. It can help with the taste if you drink it with a straw.

COLONOSCOPY PREP USING MAGNESIUM CITRATE

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 liquids 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 physician or registered nurse. Diabetics please read reverse side for more detailed instructions.

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

- 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

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

1. **At 10:00 A.M. Drink one 10 ounce bottle of Magnesium Citrate**
2. **At 2:00 P.M. Take your second dose of 10 ounces of Magnesium Citrate**
3. **At 6:00 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, Vaseline and use baby wipes 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 prior to and the day of the colonoscopy.

Any questions please call the Outpatient Surgery Department at 695-5263 or 695-5264 Tuesday – Thursday 6:30a.m.-6:30p.m. Please leave a message and your call will be returned as soon as possible. To note the OR staff is off Friday- Monday so 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.

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