

CITRATE OF MAGNESIA INSTRUCTIONS

It is advisable that someone be with you during this prep process for safety reasons.

Approximately two to three days before the procedure we advise you to eat on the lighter side avoiding fruits and vegetables – drink lots of liquids – light diet consists of chicken, fish, pasta, white bread, etc.

A. The day before the procedure:

1. Restrict your diet to clear liquids. Water, clear fruit juices, bouillon, jello, soda, coffee or tea, (no milk or milk products), gatorade (low calorie), popsicles, lemon ice. **No solid food whatsoever.**
2. You may take all of your usual medications **except blood thinners** (Coumadin, Persantine etc.) and **aspirin type products** (Advil, Motrin, Ibuprofen, etc.) which should have been stopped prior to the procedure. (See below).
3. At 7 a.m. please take one 10 oz. Bottle of Citrate of Magnesia.
4. At 3 p.m. please take another 10 oz Bottle of Citrate of Magnesia
5. Please make every effort to drink at least ten (10) glasses of clear liquids in the course of the day, more if desirable
6. At bedtime, please take (4) **dulcolax tabs** at 10:00 p.m.
7. Do not eat or drink anything after midnight.
8. **DO NOT OMIT ANY PART OF THE PREPARATION – A poor preparation may cause a polyp or cancer to go undetected.**

B. On the day of the procedure: *do not eat or drink anything.* However, you may take your routine medications with small sips of water. **Bring inhalers with you.**

IMPORTANT

If you take blood thinners, e.g., aspirin, Ecotrin, Persantine, Feldene, **Plavix**, Trental, dipyridamole Voltaren, Vioxx, Daypro, Vitamin E, Multi-Vitamins, all herbal supplements e.g. Omega III (fish & flaxseed oil), Gingko, Celebrex, Mobic, Bextra, or non-steroidal anti-inflammatories, e.g., Motrin, Advil, Aleve, Ibuprofen etc., they **MUST** be stopped **ONE** (1) week prior to the procedure.

If you take the blood thinner Coumadin (Warafin), please call your physician to ask for permission to stop this **FIVE** (5) days prior to the procedure.

If you take antibiotics prophylactically for any dental procedure, please notify this office.
Note: Mitral Valve Prolapse is no longer considered to be an indication for antibiotic prophylaxis for a colonoscopy or upper endoscopy

We request that you speak with either your internist or cardiologist and notify him/her that you are about to undergo a full colonoscopic evaluation. His/her medical input is important to us for your care and direction throughout your procedure.

PREGNANCY

If there is a chance, no matter how slim, that you could be pregnant, we **MUST** be notified and your colonoscopy will be rescheduled for a later date.

INSULIN DIABETIC

Check with your medical doctor on **INSULIN DOSE**; day of prep, day of colonoscopy. We recommend your colonoscopy to be first of the morning, no insulin on board, bringing your insulin with you but again please check with your Doctor.