

MAGNESIUM CITRATE PREP

PLEASE READ THE PREP INSTRUCTIONS NOW TO KNOW THE STEPS WELL AHEAD OF THE PROCEDURE DATE.

IF YOU HAVE ANY QUESTIONS ABOUT THE PREP INSTRUCTIONS, PLEASE CALL OUR APEX OFFICE: 302-225-2380.

Your Procedure is scheduled on _____ Time _____
 You need to arrive _____ minutes before the scheduled time to

Mid-Atlantic EndoCenter,
 4923 Ogletown-Stanton Road, Suite 100,
 Newark, 302-993-0310

Glasgow Medical Center, 2nd Floor,
 2600 Glasgow Avenue, Newark
 302-836-8350

Christiana Hospital GI Lab, Station 5,
 4755 Ogletown Stanton Rd.
 Newark, 302-733-1400

ARSHT
 625W 12th street, Wilmington DE, 19801
 302-255-1000

HIGHLIGHTS OF THE MAGNESIUM CITRATE PREP:

YOU NEED TO BUY THE FOLLOWING ITEMS:

- **Dulcolax laxative tablets (not suppository or stool softener and you will need 8 tablets for the prep).**
- **TWO bottles of magnesium citrate, 10 oz OTC near laxative section.**



Overview of the Week Prior to Exam

1 week before exam					2 days before exam	PREP DAY: The day before exam
Stop Certain medications					Avoid high-residue foods	Start Clear liquid diet and perform cleansing prep

Details of the Prep

One Week before exam

Stop taking the following Medications:

ASPIRIN or related NSAIDs, for example bufferin, ecotrin, alleve, naprosyn, motrin, ibuprofen, sulindac. Tylenol or Acetaminophen are ok.

PLAVIX (only if your cardiologist or Primary Care Physician approves)

COUMADIN (only if your cardiologist or Primary Care Physician approves)

IRON-containing vitamins and medications.

FIBER SUPPLEMENTS such as Metamucil, Fibercon, Citrucel

2 days before exam

Avoid high-residue foods: Avoid all Fruits (fresh & dried), Vegetables, Seeds, Nuts, Cloves, Marmalade


1 day before exam: Prep Day

Beginning with breakfast, you may only have clear liquids by mouth (see Clear Liquid list below). Drink as many clear liquids as you want. Drink only clear liquids for breakfast, lunch, dinner, and any between. Do not eat any solid foods. Drink plenty of liquids to avoid dehydration and to make the laxative work better. Please avoid red liquids (examples, red Jell-O® or cranberry juice) If you are under fluid restriction, please speak with your doctor to make certain that this prep is right for you.

Clear Liquids:

- Gatorade®, Powerade® (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Broth from a can
- Jell-O®, Popsicles® (no fruit or cream added)
- Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, or prune juice)
- Soda such as Sprite®, 7-Up®, ginger ale, or any cola
- Clear hard candy, gum
- Lemonade (with no pulp), iced tea
- Avoid all red liquids

Overview of Prep Day (1 day before the exam)

Upon Awakening	4pm	7pm	10pm	3am	4 hours before exam
Take <u>ONLY CLEAR LIQUIDS</u> by mouth. <u>NO SOLID FOOD.</u>					NOTHING BY MOUTH!
					
Take only clear liquids by mouth. No solid Food	Take 4 Dulcolax tabs and Drink 1 bottle of MagCitrate	Take 4 Dulcolax tabs and Drink 1 bottle of MagCitrate			(procedure will be cancelled if you consume anything after 4 hours from the procedure)

Detailed Instructions

Upon Awakening (one day before the test)

Begin taking Clear liquids only by mouth for Breakfast, Lunch, Dinner, and Snacks (see above list). No solid food.

4 pm

TAKE 4 DULCOLAX TABLETS WITH CLEAR LIQUIDS

DRINK 1 ENTIRE BOTTLE OF MAGNESIUM CITRATE (CHILLED OR ON ICE)

FOLLOW WITH 8 OZ. OF CLEAR LIQUIDS

7 PM

TAKE 4 DULCOLAX TABLETS WITH CLEAR LIQUIDS

DRINK 1 ENTIRE BOTTLE OF MAGNESIUM CITRATE (CHILLED OR ON ICE)

FOLLOW WITH 8 OZ. OF CLEAR LIQUIDS

6 hrs. before exam

Nothing by mouth (including clear liquids, candy, and gum) until directed otherwise.

You can stay on clear liquids up until 4 hours from the scheduled procedure time. This applies only to clear liquids (see list above). If you consume anything else, procedure could be cancelled. Also don't consume any clear liquids (or chewing gums) in the last 6 hours from the scheduled time. Nothing by mouth 6 hours before procedure (this includes gum, mints and hard candy, if you consume any of these in the last 6 hours procedure will be cancelled)

Important Note:

A good sign that the prep has been effective is the transition to clear, watery bowel movements. If, four (4) hours prior to your scheduled procedure, your bowel movements are not clear (that is, they are still solid or mostly brown), please call us for further instructions.

Helpful tips:

- **Many have found that drinking the prep through a straw and chilling the bottles improves tolerance.**
- **Use baby wipes instead of toilet paper. Have some Vaseline or Desitin handy in case of a sore bottom!**
- **This prep often starts working within 30 minutes but may take as long as three (3) hours. Remain close to toilet facilities as multiple bowel movements may occur.**
- **The exact times of the cleansing prep are not important. You may vary it +/- 1 hr. for your convenience. Just keep the 3 hr. spacing and you will be fine.**

Diabetic patients:

- **Important: Please contact your doctor to be sure this prep is appropriate for you.**
- **Hold your diabetic medication the morning of the test.**
- **Use sugar free drinks for liquids (like crystal light) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar).**

A Colonoscopy is a test that examines the inside of your large intestines or the Colon. The most common reason for a colonoscopy is to look for colon polyps or Colon cancer. Before a colonoscopy can be performed, you must take medications for a complete Bowel Cleansing. Your colon must be completely empty for the colonoscopy to be thorough and safe. While a colonoscopy is generally safe, risks include bleeding, perforation (puncture in the bowel of the colon), and risk of sedation. A colonoscopy is the best method (95%) to find and remove polyps.

Please inform us before you schedule the procedure if you have any of the following:

- **Have an internal defibrillator**
- **Latex allergy**
- **Take coumadin or plavix**
- **Take antibiotics for dental procedures**
- **Are on home oxygen**

If you are diabetic:

- **Hold your diabetic medication the morning of the test.**
- **Use sugar free drinks for liquids (like crystal light) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar.**

REMEMBER

- **YOU MUST HAVE A RIDE AFTER THE PROCEDURE! A responsible adult must come pick you up. Going in a taxi or bus by yourself will not be allowed.**
- **IF YOUR ARRIVAL TIME FOR PROCEDURE IS 12:00 PM OR LATER YOUR DRIVER MUST STAY IN FACILITY, IF YOUR RIDE IS NOT HERE YOUR PROCEDURE MAY BE CANCELLED.**
- **You can have clear liquids (see below for list of clear liquids) up until 6 hours from the scheduled time of the procedure. This applies only to CLEAR LIQUIDS and nothing else (including gums and candy), otherwise procedure will be CANCELLED. No solid food from 24 hours prior to the procedure.**
- **HAVE A CLEAR LIQUID DIET THE DAY BEFORE THE TEST. Drink plenty of fluids! A colonoscopy preparation can cause dehydration and loss of electrolytes if you do not!**

**Good luck with the prep! If you have any questions, just give us a call.
Remember, a complete prep ensures a thorough examination of your colon!**