Magnesium citrate - Dulcolax bowel prep instructions

(Procedure before 11AM)

Arrive for your colonoscopy ________________ minutes prior to your scheduled procedure time.

You are scheduled on ____________________ at ____________________. Arrive at ________________.

Facility ________________________________ Doctor ________________________________

If you have questions, please call us toll free at 1-855-ILL-GASTro (1-855-455-4278).

MATERIALS NEEDED FOR THE COLON PREP:

- Two bottles of Magnesium Citrate (10 oz size). These can be obtained without prescription - over the counter. You may use the flavored or unflavored versions (any color). YOU MAY NOT USE THIS IF YOU HAVE ANY KIDNEY PROBLEMS OR CONGESTIVE HEART FAILURE. If so, please contact us, immediately.

- Four (4) Dulcolax (overnight or laxative) tablets which may also be obtained without a prescription.

**If you take anti-coagulants/blood thinners (for example: Coumadin, Plavix, Pradaxa, Xarelto, Eliquis, Effient, Brilinta, etc.) or Insulin, please notify our office at least 10 days prior to your procedure.

**Please inform us if you weigh greater than 250 lbs., have kidney disease, congestive heart failure, artificial heart valves, a pacemaker or defibrillator (AICD), sleep apnea, or ascites.

**Insulin and other diabetic medications should be reviewed with the prescribing doctor and taken according to their instructions.

** Please discontinue iron or fiber supplements, seeds, nuts, popcorn, and raw vegetables one week before your colonoscopy.

THE DAY BEFORE YOUR COLONOSCOPY: The day before your colonoscopy is when you will start your preparation. The colon needs to be as clean of stool as possible. If this cannot be achieved, the test may be incomplete and abnormalities may be missed.

1. DRINK ONLY CLEAR LIQUIDS ALL DAY (No solid food):
   It is important to prepare your body with plenty of clear liquids before the prep. The explanation of a clear liquid diet is anything you can see through if held up to a light.

APPROVED CLEAR LIQUIDS LISTED BELOW:

- Water, Black Coffee or Black Tea (no cream or artificial cream)
- Strained fruit juices WITHOUT pulp (for example: apple, white grape)
- Clear Broth or Bouillon (for example: chicken or beef or vegetable broth)
- Carbonated or noncarbonated CLEAR soft drinks (for example: Sprite, ginger ale)
- Gatorade, Kool aid or lemonade with no pulp (NO RED OR PURPLE)
- Plain Jell-O (without fruit or toppings) (NO RED OR PURPLE)
- Popsicles (NO RED OR PURPLE)
- NO DAIRY PRODUCTS
TAKING THE PREP

STARTING BETWEEN 4-6PM

Step 1: Drink the first 10 oz of Magnesium Citrate (taste better chilled)

Step 2: 2 hours after taking the first bottle of Magnesium Citrate, Take four (4) Dulcolax (overnight or laxative) tablets with glass of water or clear liquids.

Step 3: 2 hours after taking the Dulcolax tablets, Drink the second 10 oz bottle of Magnesium Citrate

• Bowel movements usually start within 1 or 2 hours after you begin drinking and usually continue for 1 or 2 hours after you finish.
• It is normal to feel full and somewhat bloated while you are drinking the prep. If you become nauseated, slow your pace of drinking.
• If you find you cannot tolerate the prep, please call our answering service to discuss with the doctor on call. (1-855-ILL-GASTro/1-855-455-4278)

THE DAY OF THE PROCEDURE:

In the morning, you should use inhalers, and take heart, blood pressure, seizure, anti-anxiety, and respiratory medications with a sip of water, enough to swallow them (no blood thinning medication or oral diabetic medications). You should wake up early and take these at least 2 hours before your test, even if you are having an EGD with your colonoscopy.

On the morning of the procedure you may pass some cloudy or dark liquid stool. This is common and not something to be concerned about. If you drank the prep until your stool was clear the day before, your prep is probably fine.

Female patients of childbearing age will be required to provide a urine specimen for a pregnancy test prior to anesthesia the day of the procedure. Please avoid urinating prior to arrival the day of your procedure to prevent delay or possible cancellation.

TRANSPORTATION HOME:

Because of the medications you will be given during the procedure, you will need someone to drive you to the facility and then drive you home. You will not be able to use a taxi or bus. The test may be cancelled if you do not have a driver. There will be no exceptions. After the procedure, you may resume driving the next
day unless your doctor instructs you differently. If you have any questions, please call our office at 1-855-ILL-GASTro/1-855-455-4278.