

MAGNESIUM CITRATE BOWEL PREP FOR COLONOSCOPY

(SPLIT DOSE) PURCHASE AT THE PHARMACY:

- 2 bottles of Magnesium Citrate(available over the counter) 8-10 dollars
- 1 bottle Dulcolax 5 mg tabs (10) (available over the counter) 3-5 dollars

ONE WEEK PRIOR TO THE PROCEDURE:

Please inform your physician if you are taking blood-thinning medications such as Coumadin, Plavix, Eluquis, Pradaxa, Lovenox, or Aspirin. You may be asked to discontinue these medications 3 to 7 days prior to your procedure if approved by your family physician or cardiologist.

ONE DAY PRIOR TO COLONOSCOPY:

1. NO MORE SOLID FOOD! ONLY CLEAR LIQUIDS FOR THE DAY! (see examples of clear liquids on other side)
2. At 5:00 PM, drink one (1) bottle of Magnesium Citrate followed by three 8 oz glasses (24 oz) of any clear liquid. Also take 5 Dulcolax pills. This part of the bowel prep takes about 1 hour.
3. Remain close to toilet facilities.
4. Be sure to stay very well hydrated. Drink extra clear liquids before you go to bed.

ON THE DAY OF THE COLONOSCOPY:

1. Beginning at 1100 PM drink the second bottle of Magnesium Citrate followed by three 8 oz glasses (24 oz) of any clear liquid. This part of the bowel prep takes about 1 hour.
2. AGAIN, DO NOT EAT ANYTHING
3. DO NOT DRINK ANYTHING 3 HOURS PRIOR TO YOUR PROCEDURE
4. If you take medication, you may take essential medications (for blood pressure, heart, seizures) on the morning of the procedure with a small sip of water
5. If you are diabetic, do not take your oral diabetic medicines the morning of the procedure. If you take injectable insulin, give yourself 1/2 the morning dose.

Procedures are cancelled if blood glucose level is over 300.

6. Report to the Facility at the time specified by the office.
7. It is important to take all of the medication and liquids so that your doctor will be able to see your entire colon clearly.
8. A colonoscopy prep will cause the body to lose a lot of fluid. This can result in illness due to the loss of too much body fluid (dehydration). It is important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking clear liquids during the prep as directed. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

PLEASE KEEP THESE INSTRUCTIONS IN A SAFE PLACE. IF YOU HAVE ANY QUESTIONS contact us at (910)891-5808 or (919)577-0085 9am-5pm M-Th, and 9am-12 noon Friday.