

Magnesium Citrate COLONOSCOPY PREP INSTRUCTIONS

****DO NOT EAT ANY SOLID FOOD THE ENTIRE DAY BEFORE****

****DO NOT FOLLOW INSTRUCTIONS ON YOUR PREP BOX AND DO NOT EAT A LIGHT BREAKFAST THE DAY BEFORE****

Absolutely NO Chewing Tobacco or Dip Products After Midnight!!!

Thank you for choosing Colorectal Surgical & Gastroenterology Associates for your procedure needs. Your specific appointment information is as follows: **Purchase (3) 10z bottles of any clear flavor of Magnesium Citrate (over the counter).**

Time Involved: 2-3 hours from walk-in to walk-out, however, please be prepared to stay longer

****ONE DAY BEFORE****

NO SOLID FOOD: Follow a Clear liquid diet all day of apple juice, white grape juice, black coffee only, tea, water, sprite, clear broths/bouillon, Gatorade, jello and popsicles (any color is fine). No dairy or non-dairy products are allowed!

At 4:00p.m. – Drink 1 bottle of **Magnesium Citrate**, followed by at least (2) 8 oz glasses of water

At 8:00p.m. – Drink 1 bottle of **Magnesium Citrate**, followed by at least (2) 8 oz glasses of water

****DAY OF APPOINTMENT****

(Five hours before your exam) – Drink 1 bottle of **Magnesium Citrate**, followed by at least (2) 8 oz glasses of water.

***** You may continue clear liquids up to three hours prior to your procedure*****

****IF YOU USE A NEBULIZER OR INHALER, PLEASE REMEMBER TO BRING IT WITH YOU TO YOUR PROCEDURE****

URGENT: ABSOLUTELY NO SOLID FOODS ALLOWED THE DAY BEFORE YOUR PROCEDURE, AS THE DOCTOR WILL NOT BE ABLE TO GET A CLEAR VIEW OF YOUR COLON. NO FOOD, NOT EVEN BREAKFAST, OTHERWISE YOUR PROCEDURE WILL BE CANCELLED.

If you are taking Contrave, Suboxone, Naltrexone, Naloxone and/or Narcan, please notify our office to make sure your procedure is scheduled with Propofol.

Contact your doctor or cardiologist as to whether you need to be off blood-thinning products (Plavix, Coumadin, Lovenox, Xarelto, Ticlid, Eliquis, Brilinta, Pradaxa etc). **Most of these must be stopped or bridged 3 to 7 days prior to procedure.**

If you experience nausea/vomiting, simply slow the rate of drinking your bowel prep medication.