



Bowel Preparation (Magnesium Citrate)
386-758-6094

1 Week prior to procedure:

No aspirin, aspirin bi-products, Plavix, Celebrex, Coumadin, Motrin, Advil, Aleve, Ibuprofen, and all over the counter Vitamins for One (1) week prior to the procedure. Check with the physician who ordered the Aspirin or Plavix. Tylenol is acceptable for headaches.

Five days prior to procedure:

Begin to decrease the residue in your diet. Refrain from eating nuts, seeds, corn, and popcorn. Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, Benefiber, etc.

Two days prior to procedure:

Take two (2) Dulcolax tablets any time of the day.

The day before the procedure:

Drink clear liquids only. **ABSOLUTELY NO SOLID FOOD!**

Examples of clear liquids: Water, clear fruit juices such as apple or white grape. Chicken or beef bouillon. Jello (no red or purple). Clear Gatorade. Popsicles (no red or purple). Clear soft drinks. Coffee without cream or sugar.

The preparation is very important. An adequate cleanout allows for the best evaluation of the entire colon.

During prep, using baby wipes may ease some of the rectal discomfort if needed. Plan on not working or driving the day of the procedure due to the sedation.

Diabetics

The Night Before: No Oral Diabetic Medications (Oral meaning pills)

Insulin Dependent Patients (Take only 1/2 dose of Insulin)

The morning of the procedure: No **diabetic** Medications!

Check blood sugar frequently during prep and report any complications to our office at 386-758-6094

Sleep Apnea Patients: You must bring your sleep apnea machine with you on the day of the procedure.

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1. Purchase **two** 10 oz. bottles of **magnesium citrate**.
 2. Drink **one** 10 oz. bottle of **magnesium citrate** along with two (2) **Dulcolax laxative tablets**.
 3. Two to three hours later **take two (2) more Dulcolax tablets**. **Continue as much clear liquid consumption as possible**.
 4. At 2 PM repeat 1st step with 10 oz. bottle of **Magnesium Citrate** with **two Dulcolax tablets once Magnesium Citrate is completed**.
 5. Aim for two (2) liters of clear liquid consumption. Use something with electrolyte replacement such as **Gatorade, Crystal Light, or Power Aid**.

Remember - **NO RED OR DARK COLORS**