

My Colonoscopy Prep Calendar **Magnesium Citrate**

Patient name: Physician: Procedure Date: Arrival Time:









No solid food, dairy, juice with pulp,

alcoholic beverages, and nothing red,



Please take your

morning medications

with a sip of water at

least two hours prior

to your procedure

5 hours prior to

one-and-a half

bottles of

glasses.

your arrival time,

drink the remaining

Magnesium Citrate.

Drink 1, 8 OZ. glass

of clear liquid every

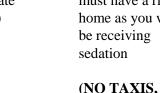
15 minutes-totaling 3

time.

☐ *Pick up* your bowel prep at the pharmacy. You will need to purchase: Three (3) 10-ounce bottles of Magnesium Citrate (lemon/lime flavor)







Confirm with the person who is providing you a ride home. You must have a ride home as you will

Lyft, or Uber by

yourself).

Please inform

 $1\frac{1}{2}$ -2 hours.

your escort that

the visit will take

Stop eating seeds, nuts, corn, any vegetables with a skin, and beans.

If you are unable

appointment please

Gastroenterology

requires 72 hours

to make your

call, 603-580-

7892.

Core

notice for

cancellations

orange, or purple in color. **ONLY** clear liquids allowed: Sports Drinks (no red, orange, or purple), apple juice, white grape juice, ginger ale, clear broth/bouillon, water,

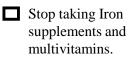
coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles, and Italian Ice.

To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.

Starting at 6:00 pm, drink one and a half bottles of Magnesium Citrate. If you get nauseated, stop for 30 minutes to 1 hour, then start again at a slower pace. You will begin to have loose stools 1-2 hours after you start drinking the Magnesium.

If you are unable to finish your prep or have not had a bowel movement three hours after drinking the evening dose, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.

☐ If you use our patient portal to check **upcoming** appointments please disregard this information for your procedure is in our endoscopy suite.



If you are taking blood thinners, such as Coumadin, you will receive additional instructions guided by your prescribing physician.





Stop drinking all liquids including the bowel prep 3 hours before you are due to arrive at the hospital.

No chewing gum or hard candy 3 hours prior to arrival.

Check each box daily to ensure proper prep



Helpful Tips

<u>Helpful Tips</u>	
	You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
	Questions may be directed to (603)-580-7892.
	Please secure a ride home for the day of your procedure. You should plan to be there for 1.5-2 hours. You will need to make sure you confirm your ride, and your ride is available and reachable during your procedure time.
	Drink the Magnesium preparation cold. Drink with a straw.
	To decrease discomfort around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
	If you wear contacts, you will be asked to remove them prior to the procedure.
	You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
	Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.
	If you are within child-bearing age, you may be asked for a urine specimen prior to your procedure.