

Magnesium Citrate Prep Instructions

****IF YOU HAVE RENAL/KIDNEY DISEASE – PLEASE CALL OUR OFFICE TO GET A DIFFERENT PREP****

The Week BEFORE Colonoscopy	<ul style="list-style-type: none"> • Purchase the following items; 1 box of Dulcolax laxative tablets (no prescription needed) 2 bottles of Magnesium Citrate (no prescription needed) Refrigerate both bottles of Magnesium Citrate • STOP ALL BLOOD THINNERS 7 DAYS PRIOR TO YOUR PROCEDURE
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The Day BEFORE Colonoscopy	When you wake up	<ul style="list-style-type: none"> • Start clear liquid diet Clear liquids include all of the following that are NOT colored RED OR PURPLE: <table style="width: 100%; border: none;"> <tr> <td>Gatorade</td> <td>Plain jell-o</td> <td>Popsicles</td> <td>Coffee (no Cream)</td> </tr> <tr> <td>Apple Juice</td> <td>Kool-Aid</td> <td>Soda Pop</td> <td>Clear broth</td> </tr> <tr> <td>Tea</td> <td>Water</td> <td>Crystal Light</td> <td>Lemonade (no Pulp)</td> </tr> <tr> <td>Soda</td> <td></td> <td></td> <td></td> </tr> </table> <p style="background-color: yellow;">Remember: Do not eat any solid foods the entire day, do not drink orange juice, milk or any milk products.</p> <ul style="list-style-type: none"> • Drink only clear liquids (no solid foods) from the time you wake up in the morning until midnight. • Diabetics: skip your dose of diabetic medication the day before and the morning of the procedure 	Gatorade	Plain jell-o	Popsicles	Coffee (no Cream)	Apple Juice	Kool-Aid	Soda Pop	Clear broth	Tea	Water	Crystal Light	Lemonade (no Pulp)	Soda			
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6:00 PM	<ul style="list-style-type: none"> • Drink the 1st bottle of Magnesium Citrate Helpful hints: sip the chilled Magnesium Citrate with a straw. Do not drink fast, the slower you drink the better the prep will be. Continue drinking clear liquids. The more you drink and hydrate the better your clean out will be! • Take 4 Dulcolax tablets 																	
10:00 PM	<ul style="list-style-type: none"> • Drink the 2nd bottle of Magnesium Citrate • After you finish the Magnesium Citrate, you may continue drinking clear liquids until midnight. 																	
Midnight	Nothing to eat or drink after midnight until after your procedure																	

The Day of Colonoscopy		You must have a responsible person to drive you home after your procedure. From check in to check out it will take approximately 3-4 hours total. Be aware that the facility WILL NOT let you leave under any circumstances
		<p>Arrive at the surgery center</p> <p>Baylor Scott & White Surgicare Rockwall Center</p> <p>825 W Yellowjacket Lane</p> <p>Rockwall, Texas 75087</p>

Patient signature

Date