

Magnesium Citrate Colon Prep (August 2017)

Not recommended for patients with any of the following: kidney disease, renal insufficiency.

YOUR ENDOSCOPY EXAM IS SCHEDULED ON: _____

These are the instructions that you must follow for us to ensure that your colonoscopy procedure is completed correctly and that you are given the best exam possible.

Fourteen (14) Days or More Before the Colonoscopy. Do The Following

1. If you are on Blood Thinners {Lovenox (enoxaparin), Normiflo (ardeparin), Fragmin (dalteparin), Innohep (tinzaparin), Coumadin (warfarin), Arixtra (fondaparinux), Plavix (clopidogrel), or Ticlid (ticlopidine)} you will need to contact your private doctor, who ordered your test, about this. In most cases, GI procedures require that you stop blood thinners like Plavix, or Ticlid 7-10 days before the procedure, Coumadin 3-5 days before the procedure, Arixtra 72 hours before the procedure, and Lovenox, Normiflo, Fragmin, or Innohep 12-24 hours before the procedure. However, every case is individual depending on why you are on blood thinners and what exact GI procedure you will be undergoing. If you are reading this and your physician has not counseled you regarding whether to take or not take your blood thinners, please call your private doctor **NOW** and discuss with him/her. After the colonoscopy, ask the physician who performed your examination, when you can restart your blood thinners.
2. If you take Iron supplements, discontinue them at least 5 days before your colonoscopy; you can restart them after your procedure has been completed.
3. If you are a diabetic, please consult your private doctor on how to modify your diabetes medication or insulin shots.
4. ***If you take Lactulose, Chronulac, Krystalose, Enulose, or Sorbitol, STOP these 6 hours before you start your colonoscopy prep; restart it after your colonoscopy exam has been completed.***
5. We do want you to take all other regular medications you usually take on the morning of the procedure (example: take your blood pressure medication for sure). Any medication you do not have to take in the morning, do not take until the procedure is over (example: vitamins).
6. Do not eat any products that contain Olestra (example: WOW potato chips). Also avoid salads, raw or leafy vegetables and raw fruit 3 days prior to your procedure.
7. **KEEP YOUR APPOINTMENT.** If you cannot keep your appointment, please notify the scheduler as soon as possible at (502) 562-6560 or call our office at 502-588-4600.
8. **BRING A DESIGNATED DRIVER.** If you do not bring a driver, the procedure **WILL BE CANCELLED**, because you will be receiving medication that will make you unable to drive or make important decisions.
9. Report to the lower level of the Physician's Outpatient Center, 401 E. Chestnut Street, Louisville, KY 40202. ***Please make sure you arrive exactly 1 hour and 30 minutes prior to your appointment.***

One (1) Day Before the Colonoscopy, Do the following: (Mg Citrate-colon)

1. Make sure you buy **3 bottles of 10 oz. Magnesium Citrate**, three (32 oz. each) bottles of clear (“ice”) or yellow Gatorade. Also purchase Dulcolax (Bisacodyl 5 mg); you will need 6 tablets.
2. Eat a lite breakfast.
3. **EARLY IN THE MORNING**, place the 3 bottles of Gatorade, and 3 bottles of Magnesium Citrate in the refrigerator. Very cold temperature makes the Magnesium Citrate, and Gatorade easier to drink.
4. **At 12:00 NOON**, start the “clear liquid diet” – clear liquids are those that, if placed in a clear glass bottle, you can read a paper placed behind the bottle. (Do not have any solid, soft, pureed nor “milky” foods or drink, or supplements like Ensure or Boost). **PLEASE AVOID RED, GREEN, BLUE, or PURPLE** colored clear liquids or gelatin because they make the exam more difficult. Please drink large amounts of clear liquids to avoid dehydration. Do not drink alcoholic beverages. On the day of the colonoscopy, stop drinking clear liquids 3 hours before leaving home. Examples of clear liquids are:
 - Clear broth or bouillon (without noodles or other solids), any flavor.
 - Coffee or tea (without milk or cream)
 - Soft drinks like soda-pop, Kool-Aid, Gatorade, Tang, lemonade
 - Juices without pulp: apple, cranberry, orange, grapefruit
 - Gelatin like Jello (no red, blue, green or purple)
 - Popsicles (no ice cream or yogurt bars)
5. **At 6:00PM**, take 4 tablets of Dulcolax (bisacodyl) 5mg each, and **one bottle of 10 oz of Magnesium Citrate**, and start drinking the 2 ½ glasses of Gatorade, taking 1 glass (8oz) every 10 minutes. Keep the Gatorade very cold to decrease nausea, and drink it fast, to improve effectiveness of bowel cleansing. Keep drinking plenty of fluids (at least 2 glasses before 8 p.m.) to prevent dehydration and weakness.
6. **At 8:00PM**, take the second 10 oz. bottle of Magnesium Citrate, and start drinking 2 ½ glasses of Gatorade, taking 1 glass (8oz) every 10 minutes (total 20 oz). Keep the Gatorade very cold to decrease nausea, and drink it fast, to improve effectiveness of bowel cleansing. Keep drinking plenty of fluids (at least 4 more glasses) until bedtime to prevent dehydration and weakness.

On the day of the colonoscopy, do the following

7. **Four (4) hours before leaving home to come to the hospital**, take 2 tablets of Dulcolax (bisacodyl) 5 mg each, and drink the third **10 oz bottle of Magnesium Citrate**, plus 2 ½ glasses (8 oz each) of Gatorade, 1 glass every 10 minutes (total 20 oz).
8. **Immediately after, take your regular medications with water.**
9. **Do not eat nor drink anything else, until your colonoscopy has been finished.**
10. Come to the Hospital with your designated driver.