

## Magnesium Citrate Capsule Enteroscopy Prep (Mar 2022)

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

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

### **SEVEN (7) DAYS OR MORE BEFORE THE ENTEROSCOPY, Do The Following:**

1. If you take Iron supplements, discontinue them at least 5 days before your “capsule enteroscopy”; you can restart them after your procedure has been completed.
2. If you are a diabetic, please consult your private doctor on how to modify your diabetes medication or insulin shots, while you are having the diet and fasting necessary for your “Capsule Enteroscopy” study. We do want you to take all other regular medications during your “preparation” the day before your “Capsule Study”, however, on the day of the “Capsule Enteroscopy”, hold all your medicines until 4 hours after you have swallow the “Capsule Endoscope”.  
Any medication you do have to take in the morning of the “Capsule” study, do not take until 4 hours after you have swallow the “Capsule Endoscope”.
3. 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.
4. **KEEP YOUR APPOINTMENT.** If you cannot keep your appointment, please notify our office as soon as possible at (502) 588-4600.

### **ONE (1) DAY BEFORE THE CAPSULE ENTEROSCOPY:**

1. Make sure you buy 3 bottles of 10 oz. Magnesium Citrate, and three (32 oz. each) bottles of clear (“ice”) or yellow Gatorade. Also purchase Simethicone (Mylicon 80 mg); you will need 2 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 and jello 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 “capsule enteroscopy”, 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 one bottle of 10 oz of Magnesium Citrate, and start drinking the Gatorade, taking 1 glass (8oz) every 10 minutes until you finish 1 of the bottles of 32 oz. Gatorade (4 glasses). Keep the Gatorade very cold to decrease nausea, and drink it fast, to improve effectiveness of bowel cleansing. Keep drinking plenty of fluids until bedtime to prevent dehydration and weakness.

6. **AT 8:00PM**, take the second 10 oz. bottle of Magnesium Citrate, and start drinking the second bottle of Gatorade, taking 1 glass (8oz) every 10 minutes until you finish 1 of the bottles of 32 oz. Gatorade (4 glasses). Keep the Gatorade very cold to decrease nausea, and drink it fast, to improve effectiveness of bowel cleansing. Keep drinking plenty of fluids until bedtime to prevent dehydration and weakness.

7. Nothing to eat or drink after midnight, other than your remaining bowel prep and small sips with any morning medications

**ON THE DAY OF THE CAPSULE ENTEROSCOPY:**

1. **FOUR (4) HOURS BEFORE LEAVING HOME** to come to the hospital, drink the third 10 oz bottle of Magnesium Citrate, the 2 tablets of Simethicone (Mylicon), and the third bottle (32oz) of Gatorade, 1 glass every 10 minutes (total of 4 glasses). Do not eat nor drink anything more, after you finish the Gatorade.
2. Come to the Hospital, calculating to arrive 1 hour before your scheduled appointment.
3. **Four hours after you have swallowed the "Capsule Endoscope"**: Take your regular medications with water, and eat a light meal.

***BOWEL CLEANSING TIPS:***

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 10 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet. Sometimes helps tolerability drinking the fluids with a straw, sucking on lemon slices, sucking sugar-free menthol candy drops.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
5. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for *hemorrhoid cream*, you may use it. *Do not use suppositories.*

Your endoscopy is scheduled for \_\_\_\_\_ arrive at \_\_\_\_\_ AM/PM to register:

U of L Health-University of Louisville Hospital @ 530 S. Jackson St Louisville, KY 40202  
Registration is located on the first floor, by the patient information desk

U of L Health- Outpatient Care Center @ 401 E. Chestnut St., Louisville, KY 40202  
Proceed to the basement of the building and register at the desk right off the elevator



U of L Health-Jewish Hospital Outpatient Care Center @ 225 Abraham Flexner Way, Louisville, KY 40202  
Registration is located in the 1st floor lobby area of the Outpatient Care Center

UofL Health – Medical Center East @ 3920 Dutchmans Lane Louisville, KY 40207  
Registration is located on the 2<sup>nd</sup> floor.

Norton Hospital Pavilion @ 315 E. Broadway Louisville, KY 40202  
Proceed to the 2<sup>nd</sup> floor, endoscopy area to register