MAGNESIUM CITRATE BOWEL PREP FOR COLONOSCOPY (SPLIT DOSE)

PURCHASE AT THE PHARMACY:
◊ 2 bottles of Magnesium Citrate (available over the counter)

ONE WEEK PRIOR TO THE PROCEDURE:
Please inform your physician if you are taking blood-thinning medications such as Coumadin, Plavix, Lovenox, or Aspirin. Most likely you will be asked to discontinue these medications 3 to 7 days prior to your procedure if approved by your family physician or cardiologist.

ONE DAY PRIOR TO COLONOSCOPY:
1. You are allowed to eat a low residue meal for breakfast
   Example: eggs any way except fried, cereals except whole grain and barley, white or seedless rye toast with butter or margarine, bananas, applesauce, peaches and pears without skin, juice without pulp, coffee, tea
2. But after breakfast...NO MORE SOLID FOOD! ONLY CLEAR LIQUIDS FOR THE REMAINDER OF THE DAY! (see examples of clear liquids on other side)
3. At 5:00 PM, drink one (1) bottle of Magnesium Citrate followed by three 8 oz glasses (24 oz) of any clear liquid. This part of the bowel prep takes about 1 hour.
4. Remain close to toilet facilities.
5. Be sure to stay very well hydrated. Drink extra clear liquids before you go to bed.

ON THE DAY OF THE COLONOSCOPY:
1. Beginning at 1:00 AM in the morning, drink the second bottle of Magnesium Citrate followed by three 8 oz glasses (24 oz) of any clear liquid. This part of the bowel prep takes about 1 hour.
2. AGAIN, DO NOT EAT ANYTHING
3. DO NOT DRINK ANYTHING 3 HOURS PRIOR TO YOUR PROCEDURE
4. If you take medication, you may take essential medications (for blood pressure, heart, seizures) on the morning of the procedure with a small sip of water
5. If you are diabetic, do not take your oral diabetic medicines the morning of the procedure. If you take injectable insulin, give yourself ½ the morning dose. Procedures are cancelled if blood glucose level is over 300.
6. Report to the hospital at the time specified by the hospital.
7. It is important to take all of the medication and liquids so that your doctor will be able to see your entire colon clearly.
8. A colonoscopy prep will cause the body to lose a lot of fluid. This can result in illness due to the loss of too much body fluid (dehydration). It is important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking clear liquids during the prep as directed. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

PLEASE KEEP THESE INSTRUCTIONS IN A SAFE PLACE. IF YOU HAVE ANY QUESTIONS, CONTACT SAMANTHA OR YOUR SURGEON AT 438-2776
Clear Liquid Diet

Remember: No RED or PURPLE colored items!!!

• Water
• Tea
• Plain coffee
• Clear juices such as apple or white grape
• Lemonade from powdered mix
• Fruit-flavored drinks such as Kool-Aid, Crystal Light, etc
• Sports drinks such as Gatorade, All-Sport, Powerade, etc
• Carbonated beverages or soda
• Fat free broth, bouillon, consommé
• Plain or flavored gelatins
• Fruit ices or Italian ice
• Sorbet
• Popsicles
• Clear liquid nutritional supplements
• Honey
• Sugar
• Hard candy
• NO ALCOHOL ALLOWED!

Tips on drinking the bowel prep:
• Most people agree that bowel prep solutions taste best well-chilled. Try chilling the glass too
• If lukewarm liquids are preferred, remove the bowel prep solution from refrigerator for 15-30 minutes before drinking
• Drink the whole dose quickly rather than sipping small amounts
• Try drinking bowel prep solution through a straw
• Rinse mouth with water, clear soda, or mouthwash after drinking
• Suck on hard candy or lollipops (no red or purple)

Tips to avoid a sore bottom from frequent bowel movements:
• Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water
• Apply Vaseline, Aquaphor, Prep H, zinc oxide ointment, or diaper rash cream liberally after each trip to the bathroom
• Wipe with refrigerated Tucks or Fleet relief pads (available over the counter)