

## COLONOSCOPY PREPARATION INSTRUCTIONS- Magnesium Citrate + reglan + dulcolax

It is very important that the following preparation is followed exactly as outlined.

### Preparing for Your Colonoscopy

#### One week before the procedure:

- Stop taking any iron supplements.

#### Three (3) days before the procedure:

- Stop taking Vitamin E, Motrin, Advil, Aleve, ibuprofen, etc. You may continue aspirin.
- If approved by your physician, stop taking any blood thinners (Coumadin, Warfarin, Plavix, Xarelto etc.).
- Take your usual medications for blood pressure, heart problems, lung problems, and other chronic health conditions.
- If you are a **diabetic and taking insulin**, please decrease your amount by 50% while on a clear liquid diet
- Purchase the following items from your pharmacy. A written prescription from your physician is not required:
  - Two (2) bottles of magnesium citrate (10 ounce). **Do not purchase red (cherry flavor).**
  - One (1) package of Dulcolax tablets (laxative).

#### Day before the procedure:

**mid afternoon or evening start your magnesium citrate prep** with a large glass of water , first dose of reglan 5mg , and four (4) dulcolax tablets

1. You need to follow a clear liquid diet **ALL DAY – no red or purple liquids**. No solid foods, milk or milk products. Choices:
  - Apple juice
  - Sprite
  - Ginger ale
  - Fresca
  - Tea and coffee (honey, sugar, sugar substitutes ok – no milk)
  - Jell-O (no red or purple)
  - Popsicles (orange, lemon-lime)
  - Vitamin Water or Gatorade (orange, lemon-lime)
  - Clear soup, broth (vegetable, beef or chicken)
  - White grape juice
  - Hard candy
2. **Continue to follow a clear liquid diet through the evening to prevent dehydration.**

#### Day of the procedure: ( if you have a colonoscopy scheduled after noon )

1. Five (5) hours before your scheduled arrival time, you need to drink the entire content of the **second bottle of magnesium citrate**, and one 8 oz. glass of water. **You should not have anything else to drink (or eat) until after your procedure** (except the approved medications with a small sip of water). Please call the office if you are unsure which medications should be continued or held prior to your procedure. If you are on insulin or a blood thinner please contact our office.
2. You must have a friend or family member available to provide you with transportation to the and from the procedure.

#### Additional Instructions for Afternoon Procedures

For procedures that are scheduled to start after 12 p.m., it is okay to drink clear liquids (black coffee or tea without sugar or milk, water, 7UP, ginger ale or apple juice) until 6 hours before the start time of the

procedure.

**DO NOT EAT ANY SOLID FOOD AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE.**

- Procedure scheduled at 1 p.m.: You may have clear liquids up to 7 a.m.
- Procedure scheduled at 1:30 p.m.: You may have clear liquids up to 7:30 a.m.
- Procedure scheduled at 2 p.m.: You may have clear liquids up to 8 a.m.
- Procedure scheduled at 2:30 p.m.: You may have clear liquids up to 8:30 a.m.
- Procedure scheduled at 3 p.m.: You may have clear liquids up to 9 a.m.
- Procedure scheduled at 3:30 p.m.: You may have clear liquids up to 9:30 a.m.