

COLONOSCOPY: How to Properly Prepare for the Exam Magnesium Citrate Prep

If you have **kidney problems or are on kidney dialysis, DO NOT take the Magnesium Citrate prep**, rather **call our office** as soon as you receive these instructions.

1. **Thorough bowel preparation is extremely important for obtaining a good examination.** If formed stool remains in the colon, the entire test may have to be repeated at a later time. **If you are chronically constipated ie. move you bowels less than three times per week, you will need extra prep. Please call our office as soon as possible for further instructions.** Otherwise, please follow the enclosed instructions carefully:
2. **Diet:** The entire day before your colonoscopy begin a **diet of clear liquids only**. Generally liquids that you can see through are “clear.” For example: soup broth, gelatin dessert, tea, ginger ale, and apple juice (avoid coffee, red or purple jello).
3. You may begin your prep between 3:00 PM and 5:00 PM the evening before your procedure. Take 3 Dulcolax (bisacodyl 5mg) tablets **one hour before** starting your citrate of magnesia.
4. **One hour after taking the Dulcolax tablets**, dilute and drink one bottle (10 oz.) of Citrate of Magnesia (original flavor, NO cherry). **Put 2-3 ounces of Citrate of magnesia into a glass, then dilute with 8 ounces of water, ginger ale, or any other clear liquid and sip through a straw over 15 minutes. Continue diluting and drinking the bottle of Citrate of Magnesia until it is empty.**
5. **“On the morning of your procedure”** five (5) hours prior to procedure time, drink another bottle (10 oz.) of Citrate of Magnesia diluting according to the instructions in step #4. (For example: If your procedure is at 8:00 am you will need to do this at 3:00 am).

If you are taking **heart, seizure, or blood pressure medications** **take them** with the clear liquids.

You may have clear liquids to keep hydrated up to two (2) hours prior to your scheduled procedure then nothing by mouth.

6. **Iron supplements** must be stopped at least four days prior to your exam.
7. Current guidelines no longer require that you hold daily aspirin, or chronic arthritis pain medicines (eg. non-steroidals such as Ibuprofen, Advil, Motrin, Aleve, etc.) prior to your procedure.
8. **Blood thinners** (example: Coumadin, Heparin, Lovenox, or Fragmin) are important to discuss prior to having a colonoscopy performed. If you are on any of these medications, please **call our office** as soon as you receive this letter.

*******CONTINUED ON REVERSE SIDE*******

9. **MAO Inhibitors.** Parnate (tranylcypromine), Nardil (phenelzine), Eldepryl (selegiline), Marplan (isocarboxazid) or Azilect (rasagiline). If you take any of these medicines, please call our office as soon as you receive this letter.
10. Avoid all fruit “skins”, vegetables, and whole grain products, (example: beans, corn, celery, broccoli, brown rice, etc.) and seeds or nuts (sesame, poppy, almonds, cashews, etc.) for two days prior to the exam.
11. Your colonoscopy should be deferred for the following reasons:
 - if you are **pregnant** or think you might be
 - if you have suffered a **heart attack** in the last six weeks
 - if you have had **diverticulitis** in the last month
12. If you have an implantable heart **defibrillator**, please notify our office when you receive this letter.
13. **Antibiotics before procedures:** According to the new 2007 American Heart Association Guidelines, antibiotic prophylaxis is no longer recommended for **any** patient with heart disease (valvular or other) undergoing **any** GI procedure.

Since this is a marked change from prior recommendations, some physicians may still choose to use antibiotics for certain cardiac patients. Please check with your PCP or cardiologist if you are in doubt. **Notify** us as soon as possible if your physician still advises you to have antibiotics pre-procedure.

14. **Diabetics** that take **insulin** should generally take one-half of their usual nighttime dose the night before the colonoscopy and one-half their usual morning dose the morning of the colonoscopy procedure.

Diabetics that take **oral medications** such as **DiaBeta, Diabinese, Glucotrol, Glynase, or Micronase** should not take this medication the night before (if taking twice a day) or the morning of colonoscopy. You should wait to take the morning dose of medication until after the colonoscopy is performed and your usual diet is resumed.

15. **It is best not to make long distance travel plans for 14 days** following your procedure. This is necessary for you to have immediate access to the physician following your procedure in the unlikely event that complications may occur.
16. If you have any questions about your medications, call our office.