

# **Pre-Procedure Instruction for Colonoscopy**

## **Citrate of Magnesia**

**Only use this preparation if directed by your specialist.**

**The preparation for your colonoscopy is among the most critical and challenging parts of your colonoscopy. The bowel MUST be adequately cleansed for proper visualization. Please follow the instructions closely.**

**Seven (7) days before your procedure:**

- 1. If you take COUMADIN or PLAVIX, you must call your GI doctor's office at least seven days before your appointment so we can discuss whether these medications can be stopped safely before the procedure. We will need to know about whether you have atrial fibrillation or have received any cardiac stents or artificial heart valves.**
- 2. If you have diabetes and take medication to control your blood sugar, contact your primary care physician or diabetes specialist for instructions about how to take your diabetic medication while preparing for this procedure.**
- 3. Stop taking iron or multivitamins if they contain iron.**
- 4. Start a low roughage diet and do not eat corn, raw vegetables, nuts, popcorn, seeds, fresh fruit, salad, or fiber supplements (Metamucil). You may restart your regular diet again after the procedure.**

**Two (2) days before your procedure:**

- 1. Stop arthritis medications such as Motrin, Ibuprofen, Advil and naprosyn for two days before the procedure, as these medications may increase your risk of bleeding. Tylenol is okay to take.**
- 2. Purchase two ten ounce (10oz). bottles of Citrate of Magnesia in either lemon or lemon-lime flavor from pharmacy (it is over the counter). Do not use orange, grape or cherry flavors.**
- 3. If you are usually constipated or sometimes use a laxative, take two tablespoons of Milk of Magnesia at 8:00 pm.**

**The day before the procedure:**

- 1. You may have a 'light' breakfast. Suggestions include white toast, eggs, tea, coffee.**
- 2. Begin a clear LIQUID diet at lunch and continue this diet until three hours before your procedure. A clear liquid diet includes water, tea, black coffee, clear broth, apple juice, white grape juice, Gatorade, soda, and Jell-O (not red). No dairy, orange juice, or anything red in color. Do not drink sugar-free drinks. All patients, including those with diabetes, should be sure to get enough sugar during this time.**
- 3. Around 8:00 am, drink one ten-ounce bottle of Citrate of Magnesia.**
- 4. At 3:00 pm drink the second bottle of Citrate of Magnesia.**

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### Hints:

- **Drink through a straw; rinse mouth with clear liquid between glasses, use sugar-free candy or ice pops (not red) between glasses.**
- **If you have severe discomfort or distention (bloating), stop drinking the solution for a while or wait longer between drinking each glass until the discomfort goes away.**
- **If you feel nauseous, a glass of water or ginger ale may help settle your stomach. Wait a while and continue with the prep.**
- **Use moist baby wipes instead of toilet paper.**

### On the day of the procedure:

1. **You *should take your usual medications* (except diabetic medicine) with a few sips of water. It is particularly important that you take your usual blood pressure, heart and lung medications.**
2. **Otherwise, stop all liquids three hours before your procedure, and do not eat or drink anything further until after your procedure.**
3. **If you have diabetes and routinely do a finger stick, do so prior to coming to the unit.**
4. **Wear loose-fitting comfortable clothes; leave all jewelry at home.**

### After the procedure:

1. **You will be monitored in the Endoscopy recovery area for approximately 30 minutes.**
2. **Please carefully review your discharge paperwork for follow up instructions.**
3. **You may have some abdominal bloating and gas after the procedure. It should resolve within a few hours.**
4. **You may eat your usual diet after the procedure, unless advised otherwise.**
5. **If you have any rectal bleeding or pain following the procedure, contact us immediately.**
6. **You must have a responsible adult accompany you home.**

**Please be sure to verify the location of your procedure with your GI doctor's office.**