



Digestive Health Consultants
Of Northern California

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MAGNESIUM CITRATE PREP INSTRUCTIONS FOR YOUR COLONOSCOPY

THIS PREP NOT ADVISED FOR PATIENTS OVER 65 YEARS OLD, ANY PATIENT WITH HEART OR KIDNEY DISEASE, DIABETES, HYPERTENSION OR ACTIVE COLITIS, UNLESS APPROVED BY MD. There is a very small risk of this prep causing an elevated magnesium level that can result in heart arrhythmias causing death, particularly in patients with high blood pressure, chronic kidney insufficiency (kidney problems), diabetes, heart failure, or regular chronic anti-inflammatory medication use.

Signature: _____ **Date:** _____

Arrival Date: _____ **Arrival Time:** _____ **Procedure Time:** _____

Endoscopy Center	Memorial Hospital	Sutter Hospital	Healdsburg Hospital
1200 Sonoma Ave #2	1165 Montgomery Dr.	3325 Chanate Rd.	1375 University Ave.
(707) 571-2192	(707) 525-5224	(707) 576-4511	(707) 431-6500

Doctor: Auld Faust Ghassemi Hornberger Kohli Lustberg

7 Days Before the Exam:

- If you are taking ***Coumadin (Warfarin), Plavix, Lovenox, Aggrenox, NSAIDS (Motrin, Advil, Naprosyn, Relafen or the like)*** or any other blood thinning medication, **make sure you know if and when you are to stop these medications.** Call the office TODAY if you are unsure. You may continue to take a single aspirin tablet daily.

3 Days Before the Exam:

- Stop eating nuts, seeds, popcorn, tomatoes, peanuts, corn, berries, and breads or crackers with visible seeds.

2 Days Before the Exam:

- Purchase prep from your pharmacy: two 10 oz. bottles of Magnesium Citrate.
- Purchase soothing wipes and barrier cream such as A&D ointment to help with anal irritation. Do not use Desitin.
- In evening fill TriLyte container with water and a flavor packet (or Crystal Light lemonade flavor) and refrigerate.

1 Day Before the Exam (Prep Day):

- **Begin clear liquid diet.** Do not eat anything solid. Drink only clear liquids the entire day. Clear liquids include: coffee, tea, (both without any milk or milk products), jello, popsicles, sport drink (nothing red, orange or purple in any product), broth, white grape juice, white cranberry juice, apple juice, soda, vitamin waters (not colored)
- You may also drink Boost (Vanilla only), or a similar product, until 5 p.m. Use the sugar free version if needed.
- If you are diabetic and taking insulin or using an insulin pump, use _ your daily dosage today. If you are taking oral diabetic medications, take _ the dosage you usually take. **ALL OTHER MEDICATION MAY BE CONTINUED, EVEN ON THE MORNING OF THE EXAMINATION.**

- At **7PM** on **THE EVENING BEFORE YOUR EXAM**, Drink one 10 oz. bottle of Magnesium Citrate. Drink at least two more 8 ounce glasses of water between now and second dose. The laxative action may take from 30 minutes to 3 hours to begin.
- Nausea, bloating, cramping and vomiting may occur. If so, take a break from drinking the prep for 30 minutes. Resume the prep until it is finished, taking breaks as needed.
- A bowel movement will usually occur within an hour after the 1st dose. Don't worry if this does not happen for 3-4 hours. Everyone is different.
- Bowel movements will occur that are watery and frequent until the bowel is fully cleansed. The end result should be clear or pale yellow liquid.

Day of Exam:

- At **APPROXIMATELY 3 HOURS BEFORE YOUR APPOINTMENT**, begin the second dosing regimen. Drink the second bottle of Magnesium Citrate. Immediately follow second dose with three more 8 oz glasses of plain water.
- You may have clear liquids up until 3 hours prior to your exam and then nothing until after the exam has been completed.
- **If you are diabetic**, do not take your daily diabetic medication this morning
- Wear loose comfortable clothing, a short sleeved shirt, and warm socks.

The hardest part is over! After you arrive for your colonoscopy, you will meet with a nurse who will talk to you about your medical history, start an IV so you can get fluids, and get you settled. After you meet with your doctor, you will be given medication to sedate you and keep you comfortable during your colonoscopy. You will recover after your procedure for about 30 minutes, and will be given a written report with instructions to take home.

After the examination: **YOU MAY NOT DRIVE FOLLOWING YOUR EXAM** for the remainder of the day. You must make arrangements for transportation. Your procedure will last approximately 2-3 hours from the time you arrive to the time you are released. You may confirm your release time with the facility at the time of arrival.

If you have questions or if you are unable to keep this appointment give us 1 weeks notice. A cancellation fee of up to \$150 may be charged if you do not provide this notice. You may call the office at 544-5093 during our business hours--9AM to 5:00PM Monday to Friday.