**MagCitrate Bowel Prep Instructions**

Procedure Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrival Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What to purchase over the counter:

* Two (2) 10 oz bottles of Magnesium Citrate (lemon-lime flavor)
* Four (4) 5 mg Dulcolax pills (please purchase the laxative formula, and not the stool softener).

The Day Before Procedure

1. You will be on a clear liquid diet for the entire day. Clear liquids include: water, black coffee (no creamer) or tea, clear fruit juices, sports drinks, light soup, broth or bouillon, jello, popsicles. **PLEASE REMEMBER THAT YOU MAY NOT HAVE ANYTHING RED, PURPLE, OR DAIRY.**
2. At 1:00 pm take the four 5 mg Dulcolax pills.
3. At 2:00 pm drink the first bottle of Magnesium Citrate
4. At 4:00 pm drink the second bottle of Magnesium Citrate.

\*\*\*Please **drink lots of water (about 1-2 gallons)** while doing your prep, and throughout the day. The more you drink the cleaner your colon will be, and **you won’t have to repeat the procedure.\*\*\***

You may drink small amounts of water on the morning of the procedure. **YOU MUST STOP DRINKING ANYTHING 3 HOURS PRIOR TO ARRIVAL TIME.**

SPECIAL INSTRUCTIONS for patients on diabetic, blood thinning, blood pressure, thyroid, and seizure medications:

* If you take insulin, use half of your regular dose the morning of the procedure, unless instructed otherwise.
* If you take diabetic pills, do not take the pills on the morning of the procedure.
* Stop taking Aspirin one week prior to the procedure.
* Stop taking Coumadin, Plavix, fish oil, iron supplements and/or vitamin E four days prior to the procedure.
* If you usually take MORNING doses of blood pressure, thyroid, or seizure medications, take the medication(s) with a sip of water on the morning of the procedure.

PLEASE BRING THE FOLLOWING WITH YOU TO THE PROCEDURE CENTER:

* Insurance card(s)
* Picture ID
* All of your current medications
* A driver other than a taxi or public transportation
* Allow approximately 3-4 hours to be at the procedure center.