



Bay Area Houston  
Gastroenterology Associates

## Magnesium Citrate – Double Prep Instructions

You are scheduled for a **colonoscopy** on \_\_\_\_\_.

Your procedure is scheduled at Bay Area Houston Endoscopy Center located at 1015 Medical Center Blvd, Suite 1200. Arrive at: \_\_\_\_\_.

### **PREP SUPPLIES TO PURCHASE OVER THE COUNTER AT ANY PHARMACY**

- (3) Bottles of MAGNESIUM CITRATE (10oz) ANY FLAVOR (red is OK)**
- (9) DULCOLAX (Bisacodyl) laxative tablets**

*Refrigerate Magnesium Citrate.*

**BEGIN A LIQUID DIET AT 5PM TWO(2) DAYS BEFORE YOUR COLONOSCOPY.** Your food intake will be limited to clear broths, 8 saltine crackers and all the fluids you want (including Coke, Dr. Pepper, black coffee, tea, apple juice, pulp-free orange juice, carbonated drinks, popsicles and Jell-O) until midnight the night before your scheduled procedure. **AVOID ALL SOLID MEATS, FRUITS, VEGETABLES, MILK AND MILK PRODUCTS, TOMATO OR V8 JUICES. AVOID ANY AND ALL DRINKS CONTAINING RED AND AVOID RED JELL-O.**

On \_\_\_\_\_ at **5pm** begin drinking the first bottle of magnesium citrate (10oz.) Consume this over a 30 minute period. Begin drinking a minimum of 64oz of fluids from noon until midnight. This may start producing bowel movements in 1.5 to 2 hours.

At **7pm** take four(4) laxative tablets at one time with 16oz of fluid.

### **CONTINUE THE LIQUID DIET ALL DAY THE DAY BEFORE YOUR PROCEDURE.**

On \_\_\_\_\_ at **12noon** begin drinking the first bottle of magnesium citrate (10oz.) Consume this over a 30 minute period. Begin drinking a minimum of 64oz of fluids from noon until midnight. This may start producing bowel movements in 1.5 to 2 hours.

At **4pm** begin drinking the second bottle of magnesium citrate (10oz.) Consume this over a 30 minute period.

At **6pm** take all five(5) laxative tablets at one time with 16oz of fluid.

DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE. PLEASE ADVISE US IF YOU ARE TAKING BLOOD THINNERS (**i.e. ASPIRIN, COUMADIN, PLAVIX**) AND YOU WILL BE GIVEN APPROPRIATE INSTRUCTIONS. YOU ARE INSTRUCTED TO TAKE YOUR MORNING MEDICATIONS (**AVOID ALL MEDICATIONS FOR DIABETES.**)

YOU WILL BE SEDATED FOR THIS PROCEDURE. YOU WILL NOT BE PERMITTED TO DRIVE FOLLOWING YOUR PROCEDURE. **PLEASE MAKE ARRANGEMENTS TO HAVE SOMEONE DRIVE YOU HOME.**