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Magnesium Citrate Prep Instructions – Colonoscopy

Please review these instructions at least one week prior to your procedure. If you have any questions, please contact your doctor's office.

You are scheduled to have a colonoscopy on: _____

Your procedure will be at: _____

The facility will call you 1-2 business days prior to your procedure with your arrival time. If you have not heard from the facility by 3:00 pm the day prior to your procedure, please contact them directly. Times listed in your patient portal are not accurate – the facility will provide you with your arrival time.

Make arrangements to have a designated driver for the day of your procedure. You cannot work or drive the entire day. You are not allowed to drive, take public transportation (i.e., taxi, bus or Uber) or leave the endoscopy center alone. If you do not have a responsible driver to accompany you, your exam cannot be done with sedation and will be cancelled.

Medications:

- **Seven (7) days prior**: stop herbal medicines, fish oil and vitamin E.
    - All Weight Loss Injectables must be stopped for 1 week (7 days) prior. Stop taking your injection medication after consulting with your prescribing physician. Follow your prescribing doctor's instructions for when and what dose following your procedure. These medications include all GLP-1RA class drugs: **Saxenda (liraglutide), Wegovy/Ozempic (Semaglutide), Mounjaro/ Zepbound (tirzepatide), Trulicity (dulaglutide)**
- **Five (5) days prior**: stop iron tablets and vitamins containing iron.
- Blood thinning medications such as Plavix (Clopidogrel), Brilinta (Ticagrelor), Effient, Ticlid, Agrylin, Coumadin (Warfarin), Eliquis, Pradaxa and Xarelto will need to be stopped prior to your procedure. Check with your prescribing physician prior to stopping these medications. You do not need to stop 81mg aspirin.

  Stop _____On _____
  (Name of Medication) (Date to Stop)

- Diabetic medicines: If you take a GLP-1RA class drug (injectable): **Saxenda (liraglutide), Wegovy/Ozempic (Semaglutide), Mounjaro/ Zepbound (tirzepatide), Trulicity (dulaglutide)** you must stop 1 week (7 days) before the procedure. If your

injection for diabetes is taken **daily**, STOP MEDICATION THE DAY BEFORE. If you take your injection **weekly**, STOP 1 WEEK (7 days) before your procedure. Please consult with your Endocrinologist/Prescribing doctor with questions and concerns regarding your medication. Follow your prescribing doctor's instructions for when and what dose following your procedure.

- Do not take any diabetic pills the day prior to or the morning of the procedure. **Insulin users**: The day prior to your procedure, take half of your morning dose and none of the evening dose. The day of your procedure, bring your insulin with you. *You should contact your endocrinologist/prescribing doctor regarding these changes.*

- Do NOT stop taking any heart, blood pressure, anti-seizure, anti-anxiety or thyroid medications. These medications, if normally taken in the morning, should be taken at least two (2) hours prior to your arrival time with no more than four (4) ounces of water.

- 🚩 If you take PPIs (Proton-Pump Inhibitors) for reflux such as Aciphex (Rabeprazole), Protonix (Pantoprazole), Nexium (Esomeprazole), Prilosec (Omeprazole) or Dexilant (Dexlansoprazole), please take at least two (2) hours prior to your arrival time with no more than four (4) ounces of water.

Three (3) days prior to procedure:
Do not eat popcorn, corn, beans, pickles, seeds (flax, sunflower, quinoa), multigrain bread, nuts, leafy vegetables or fruits with small seeds (i.e., strawberries, kiwi).

The day prior to procedure:
DO NOT EAT ANY SOLID FOODS. You will need to follow a **CLEAR LIQUID DIET** all day.

Please drink plenty of additional fluids. A colonoscopy prep can cause dehydration and loss of electrolytes. Increasing the amount of fluid, you drink will help to clean out your colon and improve your bowel preparation. Don't count the bowel prep solution as being part of your fluid volume.

Allowed: Water, hot/iced tea, apple juice, black coffee, white cranberry juice, white grape juice, clear broth or bouillon of any kind (beef, chicken, vegetable), gelatin, water ice, soft drinks (Sprite, Ginger-ale), and sports drinks (Gatorade, Powerade, Propel), and hard candy. Honey, sugar, and sugar substitutes are ok.

Not allowed: Absolutely no solid foods, milk, creamer or any items with red or purple dye.

1. **At 6:00 PM**: Drink one (1) 10-ounce bottle of Citrate of Magnesia.

2. **Six (6) hours prior to arrival**: Drink one (1) 10-ounce bottle of Citrate of Magnesia.

3. **Four (4) hours prior to your arrival time**: Stop drinking all clear liquids. You will need to be fasting. This means NO liquids, including water. Your stomach must be empty for your procedure. No gum, mints, or smoking during this time.

NOTE: Individual responses to laxatives vary. This prep may cause multiple bowel movements. It may start working in as little as 30 minutes or take as long as 4-6 hours.

Helpful tips:

- If you find it difficult to drink your laxative mixture, try chilling it and drinking through a straw.
- If nausea or vomiting occurs, take a break from drinking the laxative mixture for about 30 minutes and then resume drinking at a slower rate.
- Walking between each glass can help with bloating.
- Use baby wipes instead of toilet paper.
- Wear loose fitting clothing.
- Remain close to the bathroom. Bowel movements can happen suddenly.
- If anal skin irritation occurs, you may use over-the-counter remedies such as Vaseline.

Reminders:

- If prescribed, please have your bloodwork done as soon as possible.
- If required by your insurance, you must obtain necessary referrals for your procedure and follow up visits from your primary care physician.

✂ (Cut here and take with you to your drug store) ✂

Purchases:

You will need to purchase the following items in order to complete your preparation. These laxatives are available over-the-counter. No prescriptions are necessary.

1. Two (2) 10 ounce bottles of Citrate of Magnesia