

Magnesium Citrate Instructions

IMPORTANT:

- STOP Phenteramine and other weight reduction medications (including injections such as Wegovy, Ozempic, and Mounjaro) 1 week before your procedure.
- STOP iron tablets 1 week before your procedure.
- You must notify the office of all prescriptions you are taking. Patients with diabetes or heart disease may need specific instructions.
- It is critical that you notify our office as soon as possible if you take any blood thinners such as **Aspirin, Plavix, Coumadin (Warfarin), Effient, Pradaxa, Eliquis, or Brilinta.**

Failure to follow these directions may result in your procedure being rescheduled.

REMEMBER:

- DO NOT EAT: Raw fruits, nuts, vegetables, or fiber supplements 3 days before your procedure.
- DO NOT: Chew gum or have hard candy the day of your procedure.
- DO NOT smoke (vaping, tobacco, marijuana, or illicit drugs) on the day of your procedure.

DAY BEFORE THE COLONOSCOPY:

- You are to have only **CLEAR LIQUIDS** avoiding **RED OR PURPLE LIQUIDS**. Clear liquids include juices without pulp, water, broth, black coffee, black tea, and Gatorade.
- You may have Jell-O, soda (7-Up, Sprite, Starry, Ginger Ale), and popsicles so long as they are not colored red or purple.
- DO NOT consume solid foods, milk, or milk products.

MAGNESIUM CITRATE INSTRUCTIONS

- You should sip the Magnesium Citrate slowly, over an hour. It is much easier to drink chilled and it can be flavored with any CLEAR liquid such as Crystal Light, Kool-Aid, or Ginger Ale as long as it is **NOT RED OR PURPLE**.
- 5:00 PM – Take 1 Dulcolax tablet and drink the first bottle of Magnesium Citrate between 5:00 PM – 6:00 PM.
- 6:00 PM – Take 1 Dulcolax tablet and drink the second bottle of Magnesium Citrate between 6:00 PM – 7:00 PM.
- 7:00 PM – Take 1 Dulcolax tablet.

****NOTE**** - You may take longer than one hour to drink each bottle. Do not rush yourself.

These laxatives may cause bloating, nausea, or vomiting, and may take up to 8 hours to work. The stools will be liquid with a slight yellow color by the end of your preparation period if your colon is clean.

DAY OF THE PROCEDURE:

- **You may not eat or drink anything.**
- If you are on blood pressure medications, seizure, anxiety, or chronic pain medications, take as directed with a small sip of water.
- Do **NOT** take diabetes pills.
- If you are on insulin, decrease your dose by 1/2 .
- If you experience vomiting, please contact the office or the on-call physician.
- If you use inhalers, bring them with you to the EndoCentre.

****Reminder**** You **MUST** have someone drive you home given you will receive intravenous medication that makes you drowsy.

Please call us immediately if you have any questions or concerns.

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