



Colonoscopy with Magnesium Citrate

Please follow these instructions carefully for a safe and successful colonoscopy.

IMPORTANT:

1. You will receive sedation during the procedure. Have someone who can drive and accompany you the day of the colonoscopy.

WHAT YOU NEED: Get 4 bottles of Magnesium Citrate at the pharmacy. No prescription needed. Refrigerate the bottles of Magnesium Citrate.

FIVE (5) DAYS BEFORE THE COLONOSCOPY:

1. STOP THESE MEDICATIONS (Unless instructed otherwise by your doctor):
 - a. Anticoagulants: such as: Warfarin (Coumadin), Eliquis, Xarelto.
 - b. Anti-platelet agents: Plavix (Clopidogrel), Pletal (Cilostazol)
 - c. NSAIDs: Aspirin, Ibuprofen (Motrin, Advil), Celebrex, Relafen, Naproxen.
 - d. Vitamin E and fish oil.
2. Do not eat foods and fruits that are or contain seeds (corn, poppy seeds, nuts). Start a low fiber diet (no salads, oatmeal, etc).

PREPARATION DAY — THE DAY BEFORE THE COLONOSCOPY:

The diet is straightforward - FOLLOW CLEAR LIQUIDS ONLY ALL DAY — NO SOLID FOOD.

Suggestions: Water, Clear beef or chicken or vegetable broth, Apple juice or white grape juice, Gatorade®, Sprite®, 7-Up®, Tea or coffee (NO milk/cream), Jell-O® or popsicles. Avoid: Dairy products, Red or purple liquids.

If you have diabetes mellitus, monitor your blood sugar frequently and adjust according to the glucose level.

WHEN TO START THE MAGNESIUM CITRATE:

1. **First dose:** around 4:00 pm, take 2 bottles of Magnesium Citrate. Follow each bottle with 1-2 glasses of water.
2. **Second dose:** around 6:00 pm, take 2 bottles of Magnesium Citrate. Follow each bottle with 1-2 glasses of water.

Expected symptoms: Diarrhea, Cramping, Bloating, and sometimes mild nausea.

Drink additional fluids to prevent dehydration but stop drinking liquids 5 hours prior to the procedure.

Helpful tip: Use baby wipes or barrier cream to reduce irritation.

DAY OF COLONOSCOPY: Take your routine medications (except for blood thinners) the morning of the test with a sip of water.