

Great Lakes Gastroenterology

(440) 205-1225

Magnesium Citrate

It is IMPORTANT that you **read these instructions** well in advance and follow them completely to ensure a successful exam. It is critical for you to thoroughly clean out your colon. Stool remaining in the colon can hide polyps or other abnormalities.

- Obtain in advance (2)- 10 oz. bottles of Magnesium Citrate (clear only) and (4) - 5mg Dulcolax Tablets
- Both are sold over the counter; you do not need a prescription

Due to regulatory requirements and your safety, you must arrange for a responsible adult to drive you home after the procedure. We will ask for contact information for your driver when you check in. Taxi cabs, public transportation and Uber do not meet this requirement unless you have a responsible person with you. Your procedure will be cancelled if you do not comply with this requirement.

	DAY BEFORE your procedure	DAY of your procedure
Diet Instructions	<ul style="list-style-type: none"> • NO SOLID FOOD THE ENTIRE DAY • Drink clear liquids all day such as water, sport drinks, tea or black coffee (no milk or cream), broth, apple or white grape juice, soda's, jello, or popsicles. NO red or purple • NO ALCOHOL or any recreational drugs 	<ul style="list-style-type: none"> • You can drink clear liquids up to <u>4 hours</u> before your appointment. • Remove contacts lenses, and all body piercings. • No gum, candy or breath mints within <u>4 hours</u> of your appointment. • Do not use any form of tobacco products <u>4 hours</u> before your test • Medications may be taken <u>4 hours</u> before your appointment. •
Bowel Preparation	<p style="text-align: center;"><u>Procedure scheduled before 1:00 pm:</u></p> <ul style="list-style-type: none"> • Drink clear liquids throughout the day. • At 4:00pm take 4 Dulcolax tablets and 1 full bottle of Magnesium Citrate. The Magnesium Citrate may be diluted with any clear liquid and should be consumed at a slower pace (2 oz. every 10 minutes). Drinking it too fast can cause nausea and stomach upset. This needs to be followed by 4 glasses of clear liquid. • At 10:00 pm drink the second bottle of Magnesium Citrate followed by 4 full glasses of water. You may start the prep earlier, but bottles must be taken 6 hours apart. 	
	<p style="text-align: center;"><u>Procedure scheduled at or after 1:00 pm:</u></p> <ul style="list-style-type: none"> • Drink clear liquids throughout the day. • At 7:00 pm take 4 Dulcolax tablets and 1 full bottle of Magnesium Citrate. The Magnesium Citrate may be diluted with any clear liquid and should be consumed at a slower pace (2 oz. every 10 minutes). Drinking it too fast can cause nausea and stomach upset. This needs to be followed by 4 glasses of clear liquid. 	<p style="text-align: center;"><u>Procedure scheduled at or after 1:00 pm</u></p> <ul style="list-style-type: none"> • At 7:00 am drink the second bottle of Magnesium Citrate. The Magnesium Citrate may be diluted with any clear liquid and should be consumed at a slower pace (2 oz. every 10 minutes). Drinking it too fast can cause nausea and stomach upset. This needs to be followed by 4 glasses of clear liquid.

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Medication Instructions:

Notify the office if you have an implanted heart defibrillator, pacemaker, or decreased kidney function. If you have diabetes and take insulin, contact your physician that manages this for specific instructions.

If you check your blood sugars, test it the evening before and the morning of your procedure.

HOLD the following medications using these guidelines, unless otherwise instructed by your Primary Care doctor, Cardiologist or Endocrinologist

	7 DAYS BEFORE	5 DAYS BEFORE	2 DAYS BEFORE
Blood Thinners		<ul style="list-style-type: none"> Warfarin (Coumadin) Anti-platelets such as Clopidogrel/Plavix, Ticlid, Effient, Brilinta, Aggrenox, Pletal, Arixtra, Elmiron, Persantine Ticlopidine 	<ul style="list-style-type: none"> Pradaxa, Xarelto, Eliquis, Savaysa
Iron	<ul style="list-style-type: none"> Iron supplements (ferrous sulfate) 		

Medications to HOLD the morning of the procedure

Oral Diabetes Meds	<ul style="list-style-type: none"> Metformin, glipizide, glucophage, glucotrol, glyburide, tolazamide, tolbutamide
Blood Pressure & Heart Meds	<ul style="list-style-type: none"> Ace Inhibitors: ending in 'pril' (Lisinopril, Ramipril, Enalapril or Vasotec, Moexipril or Univas, Captopril or Capoten, Perindopril or Aceon, Accupril) Angiotensin II Receptor Blockers (ARB's): ending in 'artan' (Losartan, Valsartan, Benicar) Angiotensin II Receptor Blockers (ARB's) combined with calcium channel blockers such as (Amlodipine/Valsartan, Amlodipine/Olmesartan, and Telmisartan/Amlodipine)
Diuretics Water pills	<ul style="list-style-type: none"> HCTZ (hydrochloro-thiazide), Lasix (furosemide), Maxzide, Chlorthalidone, Dyazide (triamterene/hydrochlorothiazide), Spironolactone

****TAKE ALL OTHER BLOOD PRESSURE MEDICATIONS NOT LISTED ABOVE****

- If you use a rescue inhaler, please be sure to bring it with you
- Bring your current insurance card(s), photo ID, and any copay that is due
- The Endoscopy Center opens at 7am. Please do not arrive any earlier than 7am

Special Instructions: _____

Procedure Date: ____/____/____

Approximate Arrival Time: ____:____ a.m / p.m.

You will receive a call the week day prior to your procedure with the actual arrival time

Tri Point - Main Entrance
7590 Auburn Rd.
Concord 44077

Endoscopy Center of Lake County, LLC
9614 Old Johnnycake Ridge Rd.
Mentor 44060

Lake West - Same Day Surgery
36000 Euclid Avenue
Willoughby 44094