



2631 Forest Drive Columbia SC, 29204
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Magnesium Citrate PREP INSTRUCTIONS

****THIS PREP IS NOT FOR DIALYSIS / KIDNEY PATIENTS****

- **TWO DAYS BEFORE PROCEDURE:** Follow low-residue diet and drink plenty of clear liquids

See attached information on Low-Residue Diet / Acceptable Clear Liquids

- **DAY BEFORE PROCEDURE:**

- o Light/low-residue breakfast with plenty of clear liquids

See attached information on Low-Residue Diet / Acceptable Clear Liquids

- o **AFTER BREAKFAST: ONLY CLEAR LIQUIDS**

DIABETIC PATIENTS: Mix 1 cap-full of Miralax in 8-12 ounces of clear liquids and drink the solution.

- **2:00 PM:** Take 2 Dulcolax Tablets

- **4:00 PM:** Drink first bottle of CLEAR Magnesium Citrate

- o Drink slowly over the course of an hour to avoid nausea/upset stomach

- o Continue to drink plenty of clear liquids with Magnesium Citrate – Sprite, Ginger Ale, or juice recommended for flavor.

DIABETIC PATIENTS: Mix 1 cap-full of Miralax in 8-12 ounces of clear liquids and drink the solution.

- **8:00 PM:** Drink second bottle of CLEAR Magnesium Citrate

DIABETIC PATIENTS: Mix 1 cap-full of Miralax in 8-12 ounces of clear liquids and drink the solution

- **After 8:00 PM:** Continue to drink plenty of clear liquids until **MIDNIGHT** - Otherwise NOTHING else by mouth after midnight.

- **DAY OF PROCEDURE:**

Certain APPROVED medications may be taken day-of-procedure with SMALL SIP of water – in this case, **NOTHING BY MOUTH AT LEAST 2-3 HOURS BEFORE PROCEDURE** - or anesthesia will require *at least* a 2 hour wait before sedation. Please contact our office with any medication questions or for further instructions.

**** (See reverse for important special instructions)**

SPECIAL ATTENTION AND INSTRUCTIONS:

o If you are planning to receive **ANESTHESIA** for your procedure:

o Must have a driver AT LEAST 18 years of age, or pre-arranged Medicare/Logisticare/Medical Transportation Services.

o Driver must plan to stay at the facility while you have your procedure.

******If you do not have a driver or medical transportation to transport you to/from procedure, contact our facility ASAP for assistance arranging transportation or to discuss Water Immersion Procedure.

o **DIALYSIS / KIDNEY PATIENTS:** Dialysis/kidney patients require a special Sorbitol Colonoscopy Prep, and **CANNOT** take normal Magnesium Citrate Prep.

o Contact facility immediately if on Dialysis, have been consulted/prepped for Dialysis, or have any other significant renal (kidney) issues of any kind.

o **DIABETIC PATIENTS:** Colonoscopy Prep for Diabetic patients is supplemented with Miralax to ensure complete emptying of colon for ideal visibility during procedure – pay close attention to the Miralax notations in prep instructions.

o **DIABETIC MEDICATIONS:**

▪ **Oral:** Unless otherwise indicated by PCP - take oral diabetic medications as prescribed *the day before procedure* - **HOLD** oral diabetic medications *day of procedure*.

▪ **Insulin:** Unless otherwise indicated by PCP – Only take HALF of normal insulin dose *the day before procedure* - **HOLD** insulin *day of procedure*.

o **CHRONIC CONSTIPATION:** Patients who experience Chronic Constipation issues may also supplement colonoscopy prep with Miralax to ensure proper emptying of the colon for ideal visibility during procedure - pay close attention to the Miralax notations in prep instructions.

o **BLOOD THINNERS:** Please contact our office if you take any blood thinners - including, but not limited to: Plavix, Warfarin/Coumadin, Aspirin, Effient, Brilinta, or Xarelto.

o **PREDNISONE:** Please contact our office if you are prescribed Prednisone for any reason.

o **OTHER MEDICATIONS:** Unless otherwise indicated by PCP - take the following medications as prescribed day of procedure – **AT LEAST 2 HOURS BEFORE PROCEDURE**, with SMALL sip of water:

o Blood Pressure Medications

o Anxiety/Depression Medications

o Seizure Medications

ANY QUESTIONS: Sandhills Endoscopy Center Phone: (803) 509–8532

Low – Residue Diet

RECOMMENDED FOOD ITEMS:

- White bread, refined pastas and cereals (cereals cannot have raisins, nuts, fruits, or berries), white rice, grits, oatmeal, pancakes, waffles and toast
- Limited servings of grilled cheese, mashed potatoes or french fries (no skin)
- Tender, ground, or well-cooked meat, fish, eggs, and poultry
- Milk and yogurt (max two cups)
- Cheese, butter, mayonnaise, vegetable oils, margarine
- Plain gravy
- Broth and strained soup, baby food, puree of any low-residue items listed
- Pulp-free, strained, clear juices

FOODS TO AVOID:

- Fruit, fruit skins, or seeds – or yogurt containing any of these (examples: strawberries, blackberries, blueberries, lemons, etc.) •
- Tough meat, meat gristle
- Crunchy peanut butter
- Dried beans, peas, legumes
- Salsa, salad, vegetables
- Juices with pulp
- Heavily-spiced foods and dressings (examples: garlic, pepper, other seasonings, hot sauces, etc.)
- Popcorn, nuts, seeds

APPROVED CLEAR LIQUIDS

- Water
- GATORADE (or other sports drinks)
 - ❖ **NO RED, BLUE, ORANGE, OR PURPLE**
- Juice (apple juice or white grape juice are recommended)
 - ❖ **NO PULP**
- Lemonade
- Light Carbonated Beverages (seltzer water, sprite, sierra mist, 7up, or ginger ale are recommended) •

Plain gelatin/Jello (yellow or green jello recommended)

❖ **NO RED, BLUE, ORANGE, OR PURPLE – NOTHING ADDED TO IT**

- Hot Tea or Coffee
 - ❖ **NO CREAM, LIQUID/POWDER CREAMERS, SUGAR OR OTHER SWEETENERS**
- Cold Tea
 - ❖ **NO SWEET TEA – NO ADDED SUGARS OR SWEETENERS**
- Clear Broth or Strained Soup
 - ❖ **NO NOODLES, VEGETABLES, RICE, MEAT, etc.**
- Hard, Dissolvable Candies (peppermints or lemon drops)
- Clear Popsicles
 - ❖ **NO RED, BLUE, ORANGE, OR PURPLE – NO MILK-BASED – NO ADDED FRUIT, SEEDS, NUTS, CANDIES, etc.**

Colonoscopy Prep Kit Components:

- **Two (#2) 10oz Bottles of CLEAR Magnesium Citrate**



- **Two (#2) 5mg Dulcolax Tablets**



*****Diabetic Patients*****

