

Magnesium Citrate Instructions for Colonoscopies

___ Dr. Bernstein ___ Dr. Larson ___ Dr. Nguyen ___ Dr. Palascak

I. ONE WEEK BEFORE PROCEDURE:

- *Stop* aspirin, Plavix, and iron
- **No** seeds, nuts or foods containing seeds or nuts

II. FIVE DAYS BEFORE PROCEDURE:

- *Stop* Coumadin and Vitamin E
- Purchase two 10oz bottles of Magnesium Citrate (**not cherry flavored**)
Available Over-The-Counter

III. DAY BEFORE PROCEDURE:

- **Stop** NSAIDS (e.g. Aleve, Naproxen, Motrin, Advil, and Ibuprofen)
Tylenol is ok
- Begin your clear liquid diet at breakfast:
Water, apple juice, white cranberry/grape juice, clear Gatorade, herbal tea,
Jell-o, clear broth/bouillon, or Sprite (**no coffee or black tea**)
**NO RED OR PURPLE FLUIDS! NO SOLID FOODS,
ALCOHOL, OR DAIRY PRODUCTS!**
- Have a clear liquid lunch
- At 5:00 p.m.: Drink 10oz of Magnesium Citrate
- Have a clear liquid dinner

IV. DAY OF PROCEDURE:

- Three hours prior to arrival time drink 10oz bottle of Magnesium Citrate
- Stop all liquids 2 hours prior to arrival time
- Arrange for someone to take you AND to drive you home (no taxi, walking, or bicycling).
- Allow 3 hours to be spent at the hospital for the entire procedure

V. OTHER IMPORTANT INFORMATION:

- No driving the day of the procedure
- Do not use any power equipment the day of the procedure
- Do not wear perfume the day of the procedure

IF YOU HAVE ANY QUESTIONS please contact our office at **831-460-7350**

Please give at least two weeks notice if cancelling a procedure