

Colonoscopy Magnesium Citrate Preparation

Appointment Date: _____ Doctor: _____

Arrival Time: _____ Procedure Time: _____ Location: Building 2, Second Floor

Please read these instructions carefully at least one week before your colonoscopy.

******If you must cancel your procedure appointment, please notify us at least two weeks in advance so that we can accommodate another patient.******

To cancel your appointment, call the scheduler at 510-498-2827.

For questions about the preparation or the procedure, please call the Gastroenterology (GI) Department at 510-498-2845 during regular business hours. For urgent matters during non-business hours, please call the on-call Gastroenterology doctor via the PAMF operator at 510-490-1222.

Patients with pacemakers, internal defibrillators, allergies to Latex, or other medical conditions such as diabetes, asthma or kidney disease should inform the nurse about these conditions when making the appointment. Depending on your medical condition, your procedure may need to be scheduled at the Washington Outpatient Surgecenter instead of the Fremont Center.

If you have kidney problems or congestive heart failure and have been given this Magnesium Citrate colonoscopy preparation instruction set, please contact the nurse at the GI Department at 510-498-2845 to ensure it is safe for you to take Magnesium Citrate.

To hear recorded information about the benefits and risks of colonoscopy, call 650-812-3829. More information on this topic can also be found on the PAMF Web site at pamf.org.

Medication and Diet Instructions

Supplies: Please purchase these items, which are available without a prescription, at pharmacies.

1. Three 10-ounce bottles of Magnesium Citrate
2. Two 5-milligram Dulcolax (**Bisacodyl**) tablets



Five (5) days before the procedure:

STOP taking aspirin and aspirin-containing products and Plavix (Clopidogrel).

You can continue to take acetaminophen (Tylenol) as a pain reliever.

Three (3) days before the procedure:

1. Most patients need to **STOP** taking Coumadin (Warfarin), an anticoagulant. Please speak to the doctor that prescribed Coumadin for you (your primary care physician, cardiologist or neurologist) **BEFORE** you stop taking it to see if he or she would like you to take an alternative anticoagulant. Make sure the doctor doing your colonoscopy knows that you have been on Coumadin so that you receive instructions on when to start taking the anticoagulant again after your procedure.
2. **STOP** eating nuts or seeds of any kind and foods with a peel. Examples include popcorn, peanuts, fennel seeds, poppy seeds, grapes, beans, tomatoes, green peas, corn, blueberries, raspberries or watermelon. Fibers, seeds and peels can clog the colonoscope.



Two (2) days before the procedure:

STOP taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen, and Naprosyn (Naproxen).



****Following these instructions about medications will minimize the risk of serious bleeding if a polyp is removed or a biopsy taken.****

One (1) day before the procedure:

STOP eating solid food and dairy products. **START** drinking clear liquids in the morning and throughout the day. Be sure to drink plenty of fluid to avoid dehydration. Examples of clear liquids include black coffee or tea without milk/creamer, soda (7-Up, Pepsi, etc.), Gatorade, Propel, water, clear juices (apple, white grape, white cranberry), clear broth, popsicles and lemon Jell-O. You **cannot** have red, blue or green flavors, alcohol, dairy products, or orange juice. Remember to not eat any solid food. **Deviating from this clear liquid diet may prevent adequate preparation for the colon exam.**

****If you are diabetic, please ask your primary care physician about any needed adjustments to your medications while on this clear liquid diet.**** During the preparation period, monitor your blood glucose when you first awaken and every three hours after that. You will need a blend of products with and without sugar to keep your blood glucose in balance.



Bowel Preparation:

Mid-day:

At noon, take two (2) Dulcolax (Bisacodyl) laxative 5-milligram tablets by mouth.

Between 2 and 3 p.m.:

Drink one and a half 10-ounce bottles of Magnesium Citrate completely.



Between 5 and 6 p.m.:

Drink the other one and a half 10-ounce bottles of Magnesium Citrate completely.

Bowel movements may begin about one hour after the first bottle of Magnesium Citrate and may continue for two to four hours after that.

Feelings of bloating, nausea or chilling are common. This is temporary and will disappear once bowel movements begin. You may experience some cramping. Adequate bowel cleansing will take approximately six to eight hours.

Continue to drink clear liquids during the day until six (6) hours before the procedure when you must stop drinking. More liquids will result in better colon preparation and will help prevent dehydration.

You may want to apply petroleum jelly (Vaseline) around the anal opening before starting the Magnesium Citrate and after each bowel movement to minimize skin irritation from passing many bowel movements.

Day of the procedure (colonoscopy):

Please be sure to drink plenty (at least one liter) of clear liquid to avoid dehydration. Continue drinking until six (6) hours before the procedure. **If you drink liquids within six (6) hours of your procedure, we must cancel your procedure.** The only exception is small sips of water to take medications.

If you are diabetic, check your blood glucose before you leave home and report the reading to the nurse when you arrive in the Procedure Suite.

Do not take your usual blood pressure medicines the morning of the procedure since the bowel preparation causes mild dehydration. Take your heart medicines two to three hours before your appointment with sips of water. If you have questions about which medicines to take, ask your primary care physician or call the GI department at 510-498-2845.

Before the procedure, a nurse will complete your paperwork, take your blood pressure, start an IV, explain the procedure and answer any questions you may have. During the procedure, you will receive sedating medications to keep you comfortable, but you will be awake and able to follow directions. Most people are awake, alert and ready for discharge within 30 to 45 minutes after the end of the procedure.

General Information

1. **Plan to arrive at least one hour before the scheduled appointment or as instructed.** Your entire stay at the Fremont Center will be two to three hours. Check in at the reception desk on the second floor of Building 2 (the “new” building).
2. Leave valuables, including jewelry, at home. Bring a form of photo ID with you to check in. Wear comfortable clothing. Please also bring your insurance card. If you have an advanced directive, please bring a copy with you.
3. Arrange for a friend or relative to drive you home after the procedure. **You may not take a taxi or public transportation by yourself.** A responsible adult must remain with you for at least two hours after you get home to assist you in the rare event that you develop problems from the sedation or the procedure.
4. **After the procedure, do not drive, use heavy machinery or power tools, make important decisions, or sign documents until the following day.** This allows the sedating medication to wear off completely.



5. Only PAMF personnel are allowed in the procedure room.
6. Biopsy results are usually available within seven business days. The doctor who performs your procedure will communicate the results to you.
7. Sometimes it may not be possible to complete some procedures. While we cannot predict which procedures may not be possible to complete, there are some factors that make completing the procedure harder. These include extremes of size (patients who are very thin or overweight) and a history of prior abdominal surgeries with possible scarring or adhesions. If your procedure is not completed, the doctor will discuss this with you after the procedure and make plans for appropriate follow-up treatment.
8. There is a very small risk of serious bleeding for up to two weeks after a polyp is removed. We recommend that you remain within two hours of medical care during those two weeks and do not travel internationally. Please let us know if you plan to travel within two weeks of your procedure.

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