

Bowel Preparation with Magnesium Citrate (2-day prep)

- DO NOT EAT OR DRINK ANYTHING ON PROCEDURE DAY UNTIL AFTER PROCEDURE.
- You must be accompanied by a friend or relative to drive and/or assist you home. **We WILL NOT discharge you** to a cab, bus or other transportation service **without** a responsible party with you.

Materials You Will Need to Prepare For Your Procedure

- Purchase at the Store:
 - Magnesium Citrate, 10 ounce bottle (over the counter)
 - Dulcolax Laxative or Bisacodyl Laxative (generic) over the counter
- Clear Liquid Diet Instructions (see attached Clear Liquid Diet Sheet)

Special Instructions Regarding Medications

- Do Not take Iron supplements for one week prior to the procedure date. Multivitamins are OK.
- Stop taking Coumadin/Plavix _____ days prior to your scheduled procedure date.
- Diabetic patients: _____
- Do Not take Lasix, HCTZ or Dyazide (water pill) the day of the procedure
- Heart/Blood Pressure/ Thyroid/Siezure/Nerve Medications can be taken on the day of the procedure with a sip of water.
- Stop Effexor one day before the procedure
- Asthmatic patients should bring their INHALERS with them on the day of the procedure
- Other _____

Two Days Before Your Exam

- DO NOT EAT ANY SOLID FOODS!!! You may only have LIQUIDS the entire day. (see attached Full Liquid Diet Sheet).
- Take all of your normal prescription medications, **unless advised otherwise.**

The Day Before Your Exam

- DO NOT EAT ANY SOLID FOODS. YOU MAY ONLY HAVE CLEAR LIQUIDS ALL DAY UP UNTIL MIDNIGHT. After midnight nothing by mouth unless instructed otherwise.
- Take all of your normal prescription medications, **unless advised otherwise.**
- You may go to work, but be home by 5 pm to begin your bowel prep.
- IMPORTANT NOTE: follow the instructions below, **NOT** the instructions on the Prep's packaging.

AM Procedure

- At 5 pm – Take four (4) dulcolax laxative tablets (by mouth) and drink a 10 ounce bottle of Magnesium Citrate.
- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT
- Other _____

- ⇒ Questions about symptoms or medications call 484-356-1050 between 7:30 am- 3:30 pm (Nurse Line)
- ⇒ General or reschedule questions call 610-431-3122
- ⇒ If you reschedule, ask if you will need new prep instructions.

Patient: Print Name

Signature

Date