

Bowel Preparation with Magnesium Citrate (2-day prep)

- DO NOT EAT OR DRINK ANYTHING 4 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**
- 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. You may not drive for 12 hours following your procedure.**

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/Seizure/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 UNTIL 4 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**
- Take all of your normal prescription medications, **unless advised otherwise.**
- You may go to work, but be home by 6 pm to begin your bowel prep.
- IMPORTANT NOTE:** follow the instructions below, **NOT** the instructions on the Prep's packaging.

PM Procedure

- At 6 pm** – Take four (4) dulcolax laxative tablets (by mouth) with water.
- At 6 am on the morning of your procedure** – **Drink a 10 ounce bottle of Magnesium Citrate – until the entire solution is consumed.**
- You must finish drinking this solution by 8 am**
- WITH AN AFTERNOON PROCEDURE**, you may have **CLEAR LIQUIDS** up to **4 hours prior to your scheduled arrival time.**

- ⇒ 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