
Magnesium Citrate Extended Colonoscopy Prep Instructions

Please note:

- Due to sedation, patients are not allowed to leave on their own. A responsible adult must drive you home from the procedure. You are not allowed to drive, take a taxi or a car service.
- Nothing by mouth **3 hours** prior to your procedure.
- A COVID-19 test is required if not fully vaccinated, within 4 days of the procedure.
- You may have deductibles and/or co-pays due. Please call your insurance company to verify your benefits prior to the procedure.
- The average visit is about 2-3 hours.
- Arriving late or without a driver may require cancelling and rescheduling your procedure.
- Wear comfortable clothing and shoes that are easily removed.
- Please do not bring any valuable items with you on the day of your procedure.
- If you need to reschedule your procedure date, please call our main office (310) 829-6789.
- If you cancel your appointment without a 48 hour notice you will be charged a \$300.00 nonrefundable cancellation fee for a single procedure and \$400 for a double procedure.

Your Appointment:

Name _____

Date _____ Time _____

Arrival Time _____

Procedure Scheduled: Colonoscopy

Location:

Endoscopy Center of Southern California
Parkside West Building
2336 Santa Monica Blvd. Suite 204
Santa Monica, CA 90404
(310) 453-4477

Preparing for your procedure

For the doctor to perform a colonoscopy, a bowel “cleanout” must be completed at home prior to the procedure. A bowel clean out is a combination of a clear liquid diet and oral laxatives. All these items can be obtained at your local pharmacy without a prescription.

You will need to purchase:

- Four - 10oz bottle of Magnesium Citrate (any clear flavor)

🚫 5 days before your procedure avoid high fiber foods and fiber/iron supplements such as:

<ul style="list-style-type: none"> • Popcorn • Beans • Seeds • Multigrain bread • Nuts • Salad/Vegetables • Fresh and dried fruits 	<ul style="list-style-type: none"> • Metamucil • Citrucel • Benefiber • Whole grains • Do not take any iron pills or vitamins containing more than 15mg of iron
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Medications:

Some of the medicines you take may need to be stopped or adjusted temporarily before your colonoscopy such as **blood thinners** (Plavix, Coumadin, Xarelto etc.) and **diabetes** medications. Please make sure to discuss with your prescribing physician or the specialist performing the procedure prior to your procedure date.

The day before your procedure

You will need to be on a clear liquid diet starting at 7 pm two days before your procedure, 🚫 no solid food. Below is a chart of examples of drinks you can have and what to avoid.

OK TO DRINK	🚫 NO – AVOID THESE
<p>All light colors, <u>NO red or purple.</u></p> <ul style="list-style-type: none"> • Water • Tea and black coffee without any milk, cream, or lightener • Flavored water • Clear juices such as apple, white grape, lemonade without pulp, and white cranberry • Clear broth • Clear soda • Sports drinks such as Gatorade and Propel • Popsicles without fruit or cream • Jell-O or other gelatin without fruit 	<ul style="list-style-type: none"> • Milk • Smoothies • Cream • Orange juice • Grapefruit juice • Tomato juice • Soup (other than clear broth) • Cooked cereal • <u>Juice, Popsicles or gelatin with red or purple dye</u>

Bowel Preparation



- Option 1 - Morning Procedure (Before 12 noon):

2 days before your procedure:

Take the first bottle of magnesium citrate at 7 pm

The day before your procedure:

Take the second bottle of magnesium citrate at 2 pm

Take the third bottle of magnesium citrate at 6 pm

Take the fourth bottle of magnesium citrate at 10 pm

- Option 2 – Afternoon Procedure (12 noon and on):

2 days before your procedure:

Take the first bottle of magnesium citrate at 7 pm

The day before your procedure:

Take the second bottle of magnesium citrate at 4 pm

Take the third bottle of magnesium citrate at 8 pm

The morning of your procedure:

Take the fourth bottle of magnesium citrate 6 hours prior to your procedure

You may take your morning medications with sips of water. Be sure to take them at least 4 hours before your scheduled appointment time.

⊘ NOTHING BY MOUTH, STOP ALL LIQUIDS 3 HOURS BEFORE PROCEDURE, THAT INCLUDES WATER.