

Magnesium Citrate Instructions for Colonoscopy Prep
Robert W. Herring, Jr., M.D.

Patient Name: _____

Exam Date: _____ Time: _____ Location: 330 Wallace Road, #103
Nashville, TN 37211
(615) 832-5530

**WE CANNOT GUARANTEE THE AMOUNT OF TIME YOU WILL BE IN OUR FACILITY.
PLEASE ASSUME IT WILL BE MOST OF THE DAY.**

1. Please bring a list of all medications with correct/current dosages.
2. Any regular medication, especially heart, lung, seizure, or blood pressure medication **SHOULD BE TAKEN THE DAY OF THE TEST.**
3. Remove all nail polish. Remove artificial nails, if possible.
4. You will not be able to drive/operate machinery until the next day because you will be legally intoxicated (drunk) after the procedure.
5. **Peritoneal dialysis patients:** Drain all dialysis fluid prior to arriving.
6. If you wear dentures, please do not glue them in.
7. If you have sleep apnea, please bring your CPAP machine.

Bring 1 or 2 people only (due to limited space) with you the day of the test. Your memory will be affected by the medication we give you. Therefore, it is best to bring a relative or good friend to drive you home. Due to time constraints, Dr. Herring will only tell the results of the test to the person who is in the waiting room when called. Family/friends who choose to leave a phone number for patient pick-up will receive results from the nurse and they will be written down.

The medications you need are:

1. Six (6) 5 mg Dulcolax tablets or generic equivalent (bisacodyl).
2. Four (4) bottles Magnesium Citrate (sometimes called Citrate of Magnesium), lemon flavor only.
3. Four (4) simethicone tablets.

***The total cost of these medications is approximately \$8.00 at Deal Drugs. (Phone: 834-1398). It will cost about \$12.00 at other pharmacies.*

Dialysis patients should not have Magnesium Citrate or Fleet Phosphosoda. If you are a dialysis patient, call the office in the morning for instructions.

7 days before your test: Date: _____

1. Do not take any aspirin products, arthritis medicine, or iron supplements. You may take Tylenol.
2. Stop eating any raw vegetables.

1 day before your test: Date: _____

1. Stay on a clear liquid diet all day. You should be able to see through a glass of clear liquid. Examples are: water, tea or coffee with no cream, carbonated sodas, clear bouillon, apple juice, Gatorade, Jell-O, or Kool-Aid. Drink as much fluid as possible unless you are on dialysis, in which case drink your normal amount. The best fluid to drink is Gatorade, which prevents dehydration. You may also eat sherbert (be sure it does not contain red food coloring or chunks of fruit).

-2-

1 day before your test: Date: _____ (continued)

2. If you are a diabetic: Monitor your blood sugar if you know how. If your blood sugar becomes greater than 300 do not drink Gatorade or any drink with sugar in it. If you have questions about how to maintain your blood sugar during this time, please call the office at 615-832-5530.
3. Drink one (1) large glass of clear liquid, preferably Gatorade, every hour today to prevent dehydration.
4. At approximately 4:00 p.m. or when you get home, take 6 Dulcolax (bisacodyl) tablets.
5. The evening before the colonoscopy (at approximately 6:00 p.m., or when you get home) take three (3) bottles of magnesium citrate over approximately three hours (that is one bottle per hour). Some think it tastes better diluted half and half with Gatorade but some prefer it like it is.
6. Nausea is rare but if you have a problem go to the drug store and buy Bonine or Dramamine and take per package directions.
7. At bedtime, chew two (2) simethicone tablets.

The Day of the Test. Date: _____

- a. The day of the colonoscopy starting 5 hours before the procedure TIME: _____ take one bottle of magnesium citrate and drink two (2) large glasses of Gatorade.
- b. Chew two (2) simethicone tablets.
- c. Finish the prep but **DO NOT DRINK ANY EXTRA LIQUIDS OR EAT ANY FOOD THE DAY OF YOUR TEST.** If your test is scheduled after noon, you may have a clear LIQUID breakfast before 7:00 a.m., but after 7:00 a.m., you should have nothing to eat or drink until after your test except a small amount of water to take your regular medicine.
- d. Take your regularly scheduled medicines, but do not take medicine specifically used for blood thinning.
- e. **If you are a diabetic:** Monitor your blood sugar if you know how. If your blood sugar becomes greater than 300 do not drink Gatorade or any drink with sugar in it. If you have questions about how to maintain your blood sugar during this time, please call the office at 615-832-5530.

Please call and leave a message for the nurse at 615-832-5530 Monday through Friday, 8:00 a.m. to 4:00 p.m., if the following applies to you:

1. Call if you have heart valve disease other than mitral valve prolapse, an artificial heart valve, have had rheumatic fever with heart damage, or have a heart stent.
2. **CALL IF YOU ARE ON ANY BLOOD THINNERS:** Effient (prasugrel), Plavix (clopidogrel), Ticlid (ticlopidine), Pradaxa (dabigatran etexilate mesylate), Xarelto (rivaroxaban), Agrylin (anagrelide), Miradon (anisindione), Coumarin (dicoumarol), Coumadin (warfarin), Pletal (cilostazol), Trental (pentoxifylline), Arixtra (fondaparinux), Persantine (dipyridamole), Heparin, Lovenox Injection (enoxaparin), Jantoven (warfarin), Eliquis (apixaban) **AND YOU WERE NOT GIVEN SPECIFIC INSTRUCTIONS WHEN TO STOP IT, CALL US.**
3. Plavix (clopidogrel) and Effient are stopped 10 days prior to the day of your test. On the same day you stop the Plavix or Effient you usually start taking one (large size) 325 mg aspirin every day. However, we individualize treatment in patients with cardiac stents, so please call for instructions.
4. If you have any questions.

**** Calls are generally returned in the evening unless it is an emergency situation. ****