

If you have questions regarding your medications or preparation, call 850-747-0825 between the hours of 7am and 3pm. After hours, call 850-763-5409 and ask to speak to your doctor's nurse. To schedule or reschedule procedures call 850-392-1507

## PREPARATION INSTRUCTIONS FOR COLONOSCOPY with MAGNESIUM CITRATE (2-Day Prep)

NAME: \_\_\_\_\_ CHART#: \_\_\_\_\_ DR: \_\_\_\_\_  
 DATE: \_\_\_\_\_ ESTIMATED ARRIVAL TIME: \_\_\_\_\_

FACILITY:	LOCATION:	FACILITY:	LOCATION:
NWFL GASTRO CENTER	204-B EAST 19 <sup>TH</sup> STREET	SACRED HEART - PORT ST. JOE	ADMISSIONS
BAY MEDICAL CENTER	OUTPATIENT CHAPMAN BLDG	DESTIN SURGERY CENTER	HWY. 98 DESTIN
GULF COAST MEDICAL CENTER	OUTPATIENT SURGERY CENTER	NWFL SURGERY CENTER	767 AIRPORT ROAD
JACKSON HOSPITAL	MAIN (FRONT) ENTRANCE		

**Arrange a ride:** You will be given medication that makes you relax and be sleepy. Please make arrangements for a family member or friend to drive you home following your procedure. Anticipate 3 to 4 hours stay at facility. **You will not be allowed to drive yourself home or take a taxi.**

**Do these things 3 DAYS BEFORE the procedure:**

- ☞ Purchase 4 bottles of Magnesium Citrate from your pharmacy.
- ☞ Stop taking Vitamin E, ginko, ginger, Fish Oil and/or garlic
- ☞ Stop taking the following medications:
  - NSAIDS (for example: Bufferin, Ecotrin, Aleve, Naprosyn, Motrin, Ibuprofen, Sulindac.)
  - IRON: iron and iron-containing vitamins and medications.
  - FIBER SUPPLEMENTS: such as Metamucil, Fibercon, Citrucel, etc.
- ☞ **TYLENOL** or Acetaminophen is okay.
- ☞ **Begin a low-residue (soft) diet. See attached sheet.**

**Do these things 2 DAYS BEFORE the procedure:**

- ☞ **Start a clear, LIQUID diet.** A liquid diet can include: Juices (apple, white grape and cranberry); Broths (beef and/or chicken); Soda Pop; Tea and coffee without milk; Gatorade; Kool-Aid and various Jell-O flavors (any color except red or purple). **Avoid:** Juices with pulp, milk, cream and/or solid food.
- ☞ **12:00 p.m.** - Take 1 bottle of magnesium citrate. Continue drinking liquids.
- ☞ **6:00 p.m.** - Take second bottle of magnesium citrate. Continue drinking liquids.
- ☞ **IF DIABETIC, see attached sheet.**

**To help prevent dehydration, it is important to drink plenty of liquids before, during and after the colon-prep.**

**The DAY BEFORE the procedure: \*DO NOT EAT ANY SOLID FOODS\***

- If you are scheduled at Northwest FL Gastro Center, expect a call confirming your appointment and FINAL arrival time
- ☞ **CONTINUE on LIQUID diet.** (see previous day liquid diet). **\*DO NOT EAT ANY SOLID FOODS\***
  - ☞ **12:00 p.m.** - Take 1 bottle of magnesium citrate. Continue drinking liquids.
  - ☞ **6:00 p.m.** - Take second bottle of magnesium citrate. Continue drinking liquids.
- You may drink clear liquids until midnight.**

**To help prevent dehydration, it is important to drink plenty of liquids before, during and after the colon-prep.**

**The DAY OF the procedure: \*DO NOT EAT\***

- TAKE** blood pressure, heart, seizure, breathing, anti-reflux, thyroid, and/or mental health medications as prescribed, one hour prior to arrival, with no more than 2oz of water.
- Bring with you to your procedure: Picture I.D., Insurance Card(s), a list of your current medications, and a contact number for your ride.**