



# Pre-procedure Instructions for Colonoscopy Magnesium Citrate Bowel Prep

## For The Procedure You Will Need To Purchase:

Three (3) bottles of Magnesium Citrate which can be purchased without a prescription from most pharmacies.

## The Day Before The Procedure:

1. Begin a CLEAR liquid diet—clear juice, Jell-O (no red or blue), popsicles, broth, Gatorade, tea, coffee (black), 7-up, ginger ale etc. NO milk products, cream soups etc. No smoking or tobacco 24 hours before your procedure.
2. At 1:00 pm drink two bottles of Magnesium Citrate. Be sure to drink water or clear liquids throughout the day to avoid dehydration.
3. At 7:00 pm drink a third bottle of Magnesium Citrate. Drink plenty of fluids up to 12:00 midnight.
4. After midnight take NOTHING BY MOUTH, which includes water or fluids, candy, mints, gum, lozenges, or tobacco products.

**Arrival time:** Please plan to check in at the front desk at the hospital at \_\_\_\_\_ on \_\_\_\_\_ . Please arrange for transportation home following your procedure. You will NOT be allowed to drive or walk home yourself. Please also plan on having only one adult visitor.

## Contact Information

If you have any questions please call our office at 360-496-3517. Office hours are Monday through Thursday from 8:00 am to 4:00 pm. If you have questions regarding your bowel prep after clinic hours, please call the hospital at 496-5112 and ask for the Nurse's Station.

*I have received a copy of these instructions.*

\_\_\_\_\_  
Patient

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date