

# GASTROENTEROLOGY ASSOCIATES OF CENTRAL JERSEY, P.A.

1921 OAK TREE ROAD, SUITE 101 EDISON, N.J. 08820

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## MAGNESIUM CITRATE COLONOSCOPY PREPARATION

DATE: \_\_\_\_\_

REGISTRATION TIME: \_\_\_\_\_

### LOCATION:

- Oak Tree Surgery Center 1931 Oak Tree Rd. Edison, N.J. 08820 Main Level  
 J.F.K. Medical Center 65 James St., Edison, N.J. 08820  
 R.W.J. Hospital at Rahway 865 Stone St. Rahway, N.J. 07065

The following items ***must be purchased from*** your local pharmacy for your preparation: [over-the-counter]

- **THREE (3)** bottles MAGNESIUM CITRATE - clear (10 fl. oz)
- **FOUR (4)** BISACODYL tablets (i.e. Dulcolax or generic brand)
- **ONE (1)** FLEET Ready-to-use Enema (4 ½ fl.oz.)

The following items are ***optional***:

- Drinking straws
- Plain or Aloe Baby Wipes & Desitin or A&D ointment (prevents a sore bottom)

### FIVE (5) DAYS BEFORE EXAMINATION:

1. Stop all ASPIRIN PRODUCTS (i.e. Alleve, Advil, Motrin, Bayer, Ecotrin, Ibuprofen, Naproxyn, etc.) and **BLOOD THINNERS** (i.e. Coumadin, Plavix, Heparin, etc.).
  - If you have an artificial heart valve, you need to talk to your primary care physician or cardiologist about using an alternative anticoagulant.
2. **TYLENOL** (and other brands containing ACETAMINOPHEN) is **OK** as a pain reliever.
3. Avoid eating flaxseed, nuts, seeds, popcorn, grapes, green peas, beans & tomatoes; they can clog the colonoscope.

**\*\* ALL OF THE ABOVE SHOULD BE FOLLOWED TO MINIMIZE RISK OF SERIOUS BLEEDING IF A POLYP IS REMOVED \*\***

### ONE (1) DAY BEFORE EXAMINATION:

1. You will be on a **clear liquids only** diet for breakfast and lunch today.
2. IT IS CRUCIAL TO DRINK LOTS OF FLUIDS THIS DAY. YOUR PREPARATION PROCESS WILL BE MUCH EASIER & THE QUALITY OF YOUR PREPARATION WILL BE BETTER.

**\*\* NOTHING RED OR PURPLE \*\***

Things that are OK to drink/eat:

- Strained **clear** fruit juice **without pulp**
- Water, Gatorade, Powerade, soft drinks (ginger ale, sprite)
- Black coffee or tea **without milk or cream**
- Plain jell-o **without fruit or toppings** (no red, blue, green)
- Ice popsicles (no sherbet or fruit bars)
- Fat free / Low sodium clear broth (nothing greasy or chunks)
- Do **NOT** drink alcohol. **NO** dairy products.

**\*\* If you are DIABETIC, please speak with your primary care physician (PCP) about adjustments to medications while on a clear liquid diet. Call your PCP if you have any questions about your medications during your preparation period. \*\***

(CONTINUED ON BACK)

3. **At 12:00 p.m.**, take 4 Bisacodyl tablets with a glass of water. DO NOT chew or crush. Please drink an additional (5) five glasses of clear liquid.
4. **At 5:00 p.m.**, begin drinking **two (bottles) of the Magnesium Citrate solution. Drink 3 – 4 oz. glass (1/3 of the bottle) of the solution every 10 – 15 minutes until both bottles are empty.** Please drink an additional (5) five glasses of clear liquid.

- Drink each glass quickly rather than drinking small amounts continuously, using a drinking straw may help to drink the liquid quickly.
- Bowel movements may begin to occur about one (1) hour after the first glass of the Magnesium Citrate and may continue for 1 – 2 hours after you finish the last glass.
- Feelings of bloating, nausea or chilling are common after the first few glasses. This is temporary and will soon disappear once the bowel movements begin. If the nausea becomes acute, stop drinking the solution for 30 minutes, then resume drinking every 15 minutes as before.

5. **You may only have water beyond this point.**

**DAY OF EXAMINATION:**

1. If you take any blood pressure / heart medication, please take your regular dose with a small sip of water.
2. At  **A.M.**, take the **last dosage (1 bottle) of the Magnesium Citrate solution. Drink 3 – 4 oz. glass (1/3 of the bottle) of the solution every 10 – 15 minutes until the bottle is empty.** Please drink an additional (5) glasses of water.

**NO MORE FLUIDS BEYOND THIS POINT!!**

3. At  **A.M.** use the **FLEET ENEMA** once before leaving for the examination.

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| <ul style="list-style-type: none"><li>❖ <b>YOU <u>MUST</u> HAVE SOMEONE TO DRIVE YOU HOME.</b></li><li>❖ <b>PLEASE LEAVE ALL JEWELRY AT HOME.</b></li><li>❖ <b>PLEASE BRING YOUR INSURANCE CARD &amp; PHOTO ID.</b></li><li>❖ <b>PLEASE BRING COMPLETED PATIENT INFORMATION PACKET (IF NEEDED).</b></li></ul> |
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**Commonly asked Questions:**

➤ ***How do I know if my prep is adequate?***

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow & small flecks of debris are not a problem as long as the stool is not muddy or thick.

➤ ***Will the prep interfere with my other medications?***

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

➤ ***What if I have other questions?***

Call the office at **732-744-9090**

<p>Please be aware that this procedure will be taking place at an ambulatory surgical center. Therefore, please be advised that all of your <b><u>AMBULATORY SURGICAL IN-NETWORK BENEFITS</u></b> such as co-pays, deductibles, and co-insurances will apply. We strongly recommend that you contact your insurance company to most accurately verify your benefits.</p>
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**This is NOT an office procedure.**