

Gastroenterology Consultants of Long Island, PC

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Date: _____ **Time:** _____

Colonoscopy- Magnesium Citrate Prep

On the preparation day (the day before the colonoscopy)

- 1) Stay on a clear liquid diet the ENTIRE DAY (breakfast, lunch, dinner).
 - a. DO NOT EAT ANY SOLID FOODS OR USE MILK OR MILK PRODUCTS.
- 2) At 12 noon take 1 bottle of magnesium citrate.
- 3) At 6 pm, take the other bottle of magnesium citrate.
- 4) Clear liquids can be continued until midnight- Nothing to drink after Midnight or on the morning of the procedure.
- 5) If you take heart medication or blood pressure pills you can take it with small sips of water on the day of the test.
- 6) Someone must drive you home from the procedures secondary to anesthesia.
- 7) If you are on Coumadin or Plavix discuss with your physician if needs to be stopped prior to the procedure.
- 8) You can continue your aspirin and anti-inflammatory medications unless otherwise specified by your doctor.

*****You are not allowed to drive yourself home from the procedure**