

My Colonoscopy Prep Calendar Magnesium Citrate

Patient name:
Physician:
Procedure Date:
Arrival Time:



- Pick up your bowel prep at the pharmacy. You will need to purchase: Three (3) 10-ounce bottles of Magnesium Citrate (lemon/lime flavor)



- If you use our patient portal to check **upcoming appointments** please **disregard** this information for your procedure is in our endoscopy suite.

- Stop taking Iron supplements and multivitamins.

- If you are taking blood thinners, such as Coumadin, you will receive additional instructions guided by your prescribing physician.

- Confirm with the person who is providing you a ride home. You must have a ride home as you will be receiving sedation

(NO TAXIS, Lyft, or Uber by yourself).

Please inform your escort that the visit will take 2 ½ -3 hours.



- Stop** eating seeds, nuts, corn, any vegetables with a skin, and beans.

- If you are unable to make your appointment please call, 603-580-7892. **Core Gastroenterology requires 72 hours notice for cancellations**

- No solid food, dairy, juice with pulp, alcoholic beverages, and nothing red, orange, or purple in color.

- ONLY** clear liquids allowed: Sports Drinks (**no red, orange, or purple**), apple juice, white grape juice, ginger ale, clear broth/bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles, and Italian Ice.

- To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.

- Starting at 6:00 pm, drink **one and a half** bottles of Magnesium Citrate. If you get nauseated, stop for 30 minutes to 1 hour, then start again at a slower pace. You will begin to have loose stools 1-2 hours after you start drinking the Magnesium.

- If you are unable to finish your prep or have not had a bowel movement three hours after drinking the evening dose, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.

- Please **take** your morning medications with a sip of water at least two hours prior to your procedure time.

- 5 hours prior to your arrival time**, drink the remaining **one-and-a half** bottles of Magnesium Citrate.

- Drink 1 8 OZ. glass of clear liquids every 15 minutes-totaling 3 glasses.

- Stop** drinking all liquids including the bowel prep 3 hours before you are due to arrive at the hospital.

- No chewing gum or hard candy 3 hours prior to arrival.

Check each box daily to ensure proper prep 

Helpful Tips 

Helpful Tips

- You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
- The endoscopy suite will call you 10 business days prior to your procedure date to inform you of your arrival time. If you don't confirm your arrival time within 48 hours of receiving it, you will be rescheduled. Questions may be directed to (603)-580-7892.
- Drink the Magnesium preparation cold. Drink with a straw.
- To decrease discomfort around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
- If you wear contacts, you will be asked to remove them prior to the procedure.
- You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
- Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.
- If you are within child-bearing age, you may be asked for a urine specimen prior to your procedure.