

Durham VA Health Care System
GI Clinic

Magnesium Citrate Colon Prep Instructions

Your colonoscopy is scheduled on: _____ at _____.

Pre-anesthesia evaluation appointment (if indicated): _____.

Report to GI Clinic 30 minutes before your appointment for registration

You will be here for about 2-4 hours.

Please leave your valuables at home.

EGD and Colonoscopy (Double)

If you are scheduled to have an EGD (Upper Endoscopy) on the same day as your colonoscopy, there is no additional preparation. Both procedures are done together in one appointment. Loose teeth need to be secured or removed by a dentist prior to an EGD.

Procedural Sedation

Sedating medications are given in your vein and can affect your judgment, memory, and sense of time. You may be affected by these medicines for up to 24 hours after the procedure.

No Sedation

Some patients choose to have the procedure without sedation. You will be awake and can watch the procedure. Patients who choose NOT to be sedated, DO NOT need a driver.

Driver: Required for patients receiving sedation for procedure.

Your driver must be with you when you check in.

Your driver must be at least 18 years of age.

Your driver must stay in the hospital during your procedure.

DAV VAN:

You are required to have an adult accompany you on the van when you have a procedure. We can give you a doctor's note that you can give the DAV van driver.

LODGING: Lodging can be arranged if you live 75 miles or more away and your appointment is 10 am or earlier. If you are interested in lodging, please let us know and we can enter a request for you.

Contacting the GI clinic:

Phone numbers:

- Scheduling: (919) 286-6945 or Toll free # (888) 878-6890-extension 6945
- Nurse line: (919) 286-0411 ext. 17 4988 (for questions about your GI procedure)

Secure Message – "GI clinic" at www.myhealth.va.gov

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Medication and Medical Device Safety

- Blood thinners** can increase the risk of bleeding.

If you take blood thinning medications, speak with the provider who manages the medication about when it should be stopped before your procedure.

Recommended stop times: **Call your provider for instructions!**

7 days before: <ul style="list-style-type: none">• Clopidogrel/Plavix• Prasugrel/Effient	5 days before: <ul style="list-style-type: none">• Warfarin/Coumadin• Ticagrelor/Brilinta	2 days before: <ul style="list-style-type: none">• Rivaroxaban/Xarelto• Dabigatran/Pradaxa• Apixaban/Eliquis	24 hours before: <ul style="list-style-type: none">• Lovenox
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Restart your blood thinner after your procedure as instructed by your provider.

- Do Not Stop taking Aspirin, NSAID, or other Pain Medication.**
- Iron Supplements** cause constipation. Stop taking them 7 days before the procedure and resume them after the procedure.
 - Ferrous gluconate/sulfate
- Diabetic medications** taken without food may lower your blood sugar to an unsafe level.

<p>On your clear liquid day/days</p> <ul style="list-style-type: none">• Do not take: <u>Diabetic pills</u>: (Metformin, Glyburide, Glipizide, Pioglitazone, Sitagliptin) <u>Short Acting Insulins</u>: (Regular, Aspart, Exenatide)• Take $\frac{1}{2}$ dose/doses: <u>Long Acting Insulins</u>: (70/30, Glargine/Lantus, Detemir, NPH) <p>Do not take any diabetic medications on the day of the procedure.</p>

- Insulin Pumps** Contact your provider for instructions.
- Bring your rescue inhalers.**
- Bring your CPAP or BIPAP machines to the procedure appointment.**
- Pacemakers and Implanted Defibrillators need clearance before the procedure.**
- Use of illegal drugs before your procedure may lead to cancellation.**

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3 Days before Procedure: Low fiber Diet

Avoid eating High Fiber Food & Stop Fiber Supplements.

High fiber food takes longer to wash out of the colon and fiber supplements increase stool bulk.

Follow low fiber diet

YES Examples of low fiber food to eat

- ✓ Meat (without seeds or vegetables)
- ✓ Eggs, Tofu, creamy peanut butter
- ✓ Dairy products – milk, yogurt, cheese, ice cream, butter
- ✓ Pasta/noodles-white pasta
- ✓ White rice
- ✓ Breads- white or light wheat (avoid bran, seeds & nuts)
- ✓ Pancakes & Waffles- plain
- ✓ Potatoes-mashed or fried *Avoid skins
- ✓ Sauces -pureed
- ✓ Salt, Sugars, Sweeteners & Syrups, seedless Jams and Jelly
- ✓ All clear liquids are allowed.

NO Examples of high fiber food and fiber supplements to avoid:

- ⊗ High fiber cereals, oatmeal, granola, whole grains, grits
- ⊗ Nuts, Dried fruits
- ⊗ Fruits and vegetables with small seeds & skins: strawberries, raspberries, blackberries, kiwi, figs, watermelon, tomatoes, cucumbers, okra
- ⊗ Poppy seeds, sesame seeds
- ⊗ Leafy greens & vegetables with skins, beans
- ⊗ Celery, onions, lettuces, cabbage
- ⊗ Breads with seeds
- ⊗ Pepper & herbs
- ⊗ Corn & Popcorn
- ⊗ Fiber Supplements-Psyllium (Citrucel)

Increase your fluid intake while on a low fiber diet.

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Day Before Procedure: Clear liquid Diet

Drink only clear liquids on “Clear Liquid diet days” See page 5 “Quick Look Guide”

- Hydrate. Drink 8 ounces of clear liquids every hour you are awake.
- Diabetics can put sugar in some of the liquids you drink.

Examples of clear liquids to drink:

Water/flavored waters	black coffee or tea (no milk or creamer)	white grape juice/ apple juice
chicken/beef/vegetable broth	Powdered drinks (kool-aid, tang), pulp free lemonade	Sports drinks/Gatorade™
Popsicles (not red/purple)	Sodas or carbonated drinks	lemon/lime/orange Jell-O™

DO NOT drink:

Red or purple liquids	Alcohol	Orange juice
Grapefruit juice	Tomato juice	Milk products

Purchase 3 bottles of Magnesium Citrate

The evening before your procedure at 5 PM to 7 PM

- **Drink 1 and ½ bottles of Magnesium Citrate**
- **Follow this with 48 ounces of water**

Continue drinking additional clear liquids until bedtime

Take evening medications after the laxative has stopped working around 9 PM

The Morning of your procedure 4 hours prior to your procedure or prior to leaving for your procedure

- **Drink 1 and ½ bottles of Magnesium Citrate**
- **Follow this with 48 ounces of water**

Morning medications such as Blood Pressure medications that do not required food can be taken with water after the laxative has stopped working. Do not take any medications you have been advised to hold. Do not drink anything else.

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Quick Look Guide

3 days before	2 days before	1 day before Starts when you wake up!	The day of your procedure
<p>Low fiber diet</p> <p>Stop fiber supplements.</p> <p>On this day, you may also take any additional laxatives or stool softeners that have been ordered for you such as Docusate, Colace, Dulcolax, or Sennosides.</p> <p>Page 3 of instructions</p>	<p>Low fiber diet</p> <p>Stop fiber supplements.</p> <p>On this day, you may also take any additional laxatives or stool softeners that have been ordered for you such as Docusate, Colace, Dulcolax, or Sennosides.</p> <p>Page 3 of instructions</p>	<p>Clear liquid diet only all day</p> <p>Not red or purple</p> <p>NO FOOD!</p> <p>Stay hydrated.</p> <p>Avoid alcohol.</p> <p>Drink 1 ½ bottles of Mag Citrate followed by 48 oz. of water at 5PM.</p> <p>Page 4 of instructions</p>	<p>Do not eat!</p> <p>Drink 1 ½ bottles of Mag Citrate followed by 48 oz. of water 4 hours prior to procedure or before leaving for procedure.</p> <p>Take morning meds with a sip of water with exception to the meds advised to hold after the laxative stops working.</p> <p>Page 4 of instructions</p>

Notes _____
