



## ***Hillsdale Surgical Group***

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## **Magnesium Citrate Bowel Prep**

Procedure Date: \_\_\_\_\_

**You will need:** 2 bottles of magnesium citrate 10 oz each and 4 Dulcolax tablets. All these items can be purchased at any pharmacy and are all over the counter.

### **Day prior to the procedure:**

1:00 pm Drink 1<sup>st</sup> bottle of magnesium citrate

3:00pm Drink 2<sup>nd</sup> bottle of magnesium citrate

7:00pm Take all 4 of the Dulcolax tablets

You may eat a light breakfast and a light lunch but start a clear liquid diet after 12:00pm and stay on a clear liquid diet for the remainder of the day. Remember: Nothing to eat, drink, or smoke after midnight.

The hospital will call you the day before the procedure to discuss your medications and to notify you of your time to arrive at the hospital. If you have any questions regarding the procedure or prep, please call the Hillsdale Hospital Outpatient Surgery scheduling at (517) 437-5445.

### **Clear Liquids Include:**

Water, tea, coffee (no creamer), carbonated beverages, clear bouillon broth, Jello (no red purple or orange please), apple juice, popsicles.

### **Day of the exam:**

You will need someone to drive you home following the procedure, as you will not be allowed to drive for the remainder of the day after having anesthesia.



## Preparing for your procedure

*Please read the following instructions to prepare for your endoscopic procedure.*

**A responsible adult must arrive, stay, and drive you home.** Minors (age 17 & under) must be accompanied by parent/legal guardian.

### **Medication Instructions:**

- \* If you are taking any medication for weight loss purposes (**including injectables**), you need to stop this 14 days before your procedure.
- \* 7 days before surgery, stop all herbal products-prescription or over the counter (including energy drinks and stimulants). Stop all seed, nuts, popcorn, and corn.

### **Attention Diabetic Patients:**

One the day of procedure:

- \* **HOLD INSULIN/ORAL DIABETIC MEDS** unless otherwise instructed
- \* Bring Insulin/oral diabetic medications.

### **Medications to take on procedure day:**

(with small amount of water, 1 to 2 ounces)

- \* Blood pressure medication
- \* Heart medication
- \* Seizure medication
- \* Asthma medication (**bring rescue inhaler**)
- \* **DO NOT TAKE DIURETICS** (water pill)

### **DO NOT eat or drink anything after midnight:**

(unless otherwise instructed or finishing colonoscopy prep)

- \* This includes water, gum, mints, & hard candy
- \* You may brush your teeth and rinse your mouth, do not swallow
- \* Do not consume alcohol for 3 days prior to the procedure
- \* Call for instructions if you develop cough/cold, flu-like symptoms, or fever 2 days before your procedure

If you suffer from chronic constipation, are diabetic, require stool softeners or use pain medication on a regular basis consider starting your clear liquid diet 2 days before your procedure date. *The quality of your study is determined by the quality of your prep. If the prep is inadequate, the study may have to be repeated.*

- \* **If the patient requires a durable medical power of attorney or guardian: Call the center right away for special instructions. Please be advised the guardian must be present on day of surgery unless previous arrangements have been made.**

**ATTENTION:** If you have not received a call from the hospital by 4pm on the day before your procedure, please call Outpatient Surgery at (517) 437-5265. Also please call with any questions or concerns.

- \* Leave jewelry at home
- \* Small children will be more comfortable at home
- \* Please be aware of possible delays in our schedule. Each procedure must be done thoroughly and it is not possible to predict the exact length of time needed for each procedure.