

WESTCHASE GASTROENTEROLOGY

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MAGNESIUM CITRATE Preparation Instructions

Please read over these instructions carefully

Day of your procedure: _____ . Be at the Outpatient Endoscopy Unit at: _____.

- ✓ **DO NOT eat or drink.** Exception: if you take blood pressure, and/or thyroid medications, take with a small sip of water at least two (2) hours before your procedure time.
- ✓ Please bring the following items with you:
 1. Your insurance cards and driver's license
 2. Eye glasses if needed for reading
- ✓ Please leave jewelry and valuables at home, wedding band(s) may be worn.
- ✓ Please wear comfortable clothes; you will be changing into a gown.

Important reminders:

- ✓ Someone must drive you home after your procedure. You will not be discharged from the facility if you do not have a driver.
- ✓ Plan on resting after your procedure. Avoid big activities, operating motor vehicles, and do not drink alcohol on the day of the procedure.
- ✓ If you are DIABETIC:
 - a. If you use insulin, only **use ½ dose** of insulin the night before your procedure & **NO** insulin the morning of your procedure.
 - b. If you take pills, **DO NOT** take the day before and the morning of your procedure. You may resume your normal dose after your procedure.
- ✓ **DO NOT take for SEVEN (7) days prior** to procedure: any **anti-coagulants/blood thinners/anti-platelets** medication(s) (Plavix, Coumadin, Effient, Xarelto, Pradaxa, etc.) Aspirins, and/or NSAIDs. **Please contact the physician who prescribed any of those medications in advance for clearance and/or instructions.** This includes over the counter (OTCs): iron, multi-vitamin with iron, Vitamin E, St John's Wort, ginkgo-biloba, ginger, fish oil, and garlic pills. ***If you need to take a pain reliever, you can take Tylenol (Acetaminophen).***
- ✓ Reduce fiber intake for 2 to 3 days prior to procedure. For example, do not eat nuts, seeds, popcorn, corn etc. Discontinued fiber supplements such as Metamucil, Citrucel, Fiberall, etc.

NOTE: IF YOU HAVE NOT SCHEDULED A FOLLOW-UP APPOINTMENT FOR AFTER YOUR PROCEDURE PLEASE CALL THE OFFICE TO SCHEDULE ONE. WE DO NOT GIVE RESULTS OVER THE PHONE, NO EXCEPTIONS. THANK YOU!

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE

THE DAY BEFORE YOUR PROCEDURE: CLEAR LIQUID DIET ALL DAY

Please **DO NOT** eat breakfast or **ANY** solid food the day before and the morning of your procedure. For example, if your procedure is on Monday, do not eat breakfast or any solid food all day Sunday and Monday morning. You may resume regular diet as tolerated after your procedure.

Drink at least 8 ounces of clear liquids every hour up until you start the Magnesium Citrate

You will need to buy 2 bottles of Magnesium Citrate, lemon or lime flavor only, and 4 tablets of Dulcolax (aka Bisacodyl), found in the laxative aisle at your local pharmacy. To improve taste, you can chill it ahead. Magnesium Citrate preparation consists of two (2) regimens.

<p><u>First regimen: take @ 6 PM</u></p> <p>A. Drink one bottle of lemon or lime Magnesium Citrate, drink all at once.</p> <p>After drinking Magnesium Citrate, drink at least 2 to 3 eight ounce glasses of clear liquids.</p>	<p><u>Second regimen: take @ 8 PM</u></p> <p>B. Repeat step A</p> <p>After drinking Magnesium Citrate, drink at least 2 to 3 eight ounce glasses of clear liquids.</p>
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One hour after completing Magnesium Citrate second regimen: take by mouth four (4) tablets of Dulcolax.

Please stay well hydrated before, during and after you have completed your Magnesium Citrate, **HOWEVER, you must stop all liquid intake four (4) hours prior to your procedure time, this also means coffee.** (For example: if your procedure time is 8:00 am, do not drink after 4:00 am.)

IMPORTANT REMINDER: DO NOT EAT & DRINK ANY: DAIRY & NON DAIRY FOODS; RED, PURPLE & BLUE COLORED FOODS/DRINKS; JUICES WITH PULP/UNSTRAINED FRUIT

Food Groups	Recommended	Avoid
Milk & milk products	none	all
Vegetables	none	all
Fruits	fruit juices without pulp	nectars; all fresh, canned, and frozen fruits
Breads & grains	none	all
Meat or meat substitutes	none	all
Fats & oils	none	all
Sweets & desserts	gelatin, fruit ice, popsicle without pulp, clear hard candy	all others
Beverages	black coffee only; tea; soft drinks; water; lactose-free, low residue supplements if approved by physician	all others
Soups	bouillon, consommé fat free broth	all others