

Colonoscopy Preparation Instructions - Magnesium Citrate

****IMPORTANT! Please read all instructions at least one week prior to your procedure and call our office if you have any questions****

Advanced Preparation for your procedure:

Medications

If you use iron supplements or Pepto-Bismol®, please stop taking 7 days prior to your procedure. It is safe to continue taking baby aspirin and other pain medications. If you are taking any blood-thinning medication (see provided list) please call your primary care physician or coumadin clinic for instructions on when to stop these medications before your procedure.

If you are taking any injectable medications for weight loss or diabetes (see provided list), these need to be held 1 week before your procedure.

Arrange a ride home

You must have an escort take you home after the procedure. You cannot drive or take a private taxi or public transportation by yourself as you will be sedated with medications for the procedure.

What You Will Need

- 3 (10 oz.) bottles of Magnesium Citrate (30 oz. total) over the counter
- Simethicone (Gas-X®) 125mg tablets, six (6) tablets needed; over the counter

Three Days Before Your Colonoscopy:

Begin a low-residue diet- avoid foods with nuts, seeds, raw fruits/vegetables, dried fruits, corn, beans, whole grains, quinoa, popcorn, lentils, peas. Ok to eat easy to digest foods like white bread, white rice, canned fruit without skins, pasta, cooked meat, tofu, eggs, tomato sauce, cheese, yogurt.

The Day Before Your Colonoscopy:

Begin a clear liquid diet the entire day- water, black tea, black coffee, clear juices, broth, sports drinks (no red), chicken/beef/vegetable broth, Jell-O® (no red), and Popsicle® (no red). NO SOLID FOOD. Stay hydrated by drinking a lot of liquids throughout the day.

- **7 PM:** drink 1 ½ (15oz.) bottles of Magnesium Citrate along with three (3) Simethicone (Gas-X®) 125mg tablets
- Over the next 2-hour period drink at least 3 - 8oz. glasses of clear liquids

The Day of Your Colonoscopy:

- **3 AM:** drink the remaining 1 ½ (15oz.) bottles of Magnesium Citrate along with three (3) Simethicone (Gas-X®) 125mg tablets
- Over the next 2-hour period drink at least 3 - 8oz. glasses of clear liquids

4 hours before your scheduled procedure time: Stop drinking all fluids, except sips of water to take medication with.

If you are on oral diabetic medications do not take these the morning of the procedure. If you are on insulin, take half your normal dose. Please confirm this with your physician before scheduled procedure day. Take all other medications prescribed (DO NOT STOP) with a small sip of water at least 4 hours before the procedure. If you use inhalers, please bring them with you.

****Please review list of medications which need to be held prior to the procedure****

*****LIST OF MEDICATIONS TO HOLD*****

<u>Category</u>	<u>Medication</u>	<u>Typical timing to hold prior to scheduled procedure</u> <u>**please confirm with primary care provider**</u>
Blood Thinners	Xarelto® (rivaroxaban) Pradaxa® (dabigatran) Eliquis® (apixaban) Coumadin® (Warfarin) Lovenox® (enoxaparin) Arixtra® (fondaparinux) Savaysa® (edoxaban)	2-3 days 2-3 days 2-3 days 5 days 12 hours prior 3 days 1 day
Anti-Platelet agents	Plavix® (clopidogrel) Brillanta® (ticagrelor) Pletal® (cilostazol) Effient® (prasugrel) Aggrenox® (aspirin/dipyridole)	5 days 5 days 2 days 5 days 3 days
GLP-1 agonists	Byetta® (exanatide) Saxenda® (liraglutide) Victoza® (liraglutide) Trulicity® (dulaglutide) Ozempic® (semaglutide) Mounjaro® (tirzepatide) Wegovy® (semaglutide) Zepbound® (tirzepatide)	1 day 1 day 1 day 7 days 7 days 7 days 7 days 7 days
SGLT2 inhibitors	Brenzavvy® (bexagliflozin) Invokana® (canagliflozin) Invokamet® (canagliflozin/metformin) Farxiga® (dapagliflozin) Xigduo® (dapagliflozin/metformin) Qtern® (dapagliflozin/saxagliptin) Qternmet® (dapagliflozin/saxagliptin/metformin) Jardiance® (empagliflozin) Synjardy® (empagliflozin/metformin) Glyxambi® (empagliflozin/linagliptin) Trijardy® (empagliflozin/metformin XR) Inpefa® (sotagliflozin) Steglatr® (ertugliflozin) Seglurome® (ertugliflozin/metformin) Stegluja® (ertugliflozin/sitagliptin)	3 days 3 days 3 days 3 days 3 days 3 days 3 days 3 days 3 days 3 days 3 days 3 days 4 days 4 days 4 days 4 days
Weight loss	Phentermine	4 days

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