

Magnesium Citrate Prep

IT IS THE PATIENTS RESPONSIBILITY TO CHECK WITH THEIR INSURANCE

COMPANY FOR THE FOLLOWING REASONS: IS THE PROCEDURE A COVERED SERVICE, IS THE DOCTOR AND FACILITY IN NETWORK, AND DO I HAVE A CO-PAYMENT FOR THE PROCEDURE AT A HOSPITAL OR AT AN AMBULATORY SURGICAL CENTER. CO-PAYMENT DUE THE DAY OF THE PROCEDURE.

You will need to purchase:

**3 - 10oz (each) bottles Magnesium Citrate
(for a total of 30oz)**

****Carbonation can be removed by pouring in a glass and leaving out before using.**

DO NOT STOP YOUR BLOOD PRESSURE OR HEART MEDICATION. YOU MAY TAKE THEM THE MORNING OF PROCEDURE WITH A SMALL SIP OF WATER.

THE DAY BEFORE THE PROCEDURE

- Drink clear liquids **ONLY*** for breakfast, lunch and dinner. **(NO SOLID FOODS)****Clear liquids allowed: water, apple juice, white grape juice, white cranberry juice, sprite, ginger ale, chicken/beef broth or bouillon cubes, Jell-O, Popsicles **(NO artificial RED COLOR)**, black tea or coffee. **NO MILK, MILK PRODUCTS OR CREAM.**
 - At 7:00 PM drink 1 ½ (15oz) bottles of Magnesium Citrate.
 - Over the next 2 hour period drink at least (3) 8 ounce glasses of clear liquids
 - At 3:00 AM drink the remaining 1 ½ (15oz) bottles of Magnesium Citrate
 - Over the next 2 hour period drink at least (3) 8 ounce glasses of clear liquids

DRINKING PLENTY OF CLEAR LIQUIDS IN BETWEEN EACH PREP WILL ENSURE ADEQUATE HYDRATION AND EFFECTIVE PREP.

THE DAY OF THE PROCEDURE

- You may continue clear liquids until 4 hours prior to procedure. Coffee or Tea should not include: milk, milk products, cream, sugar or artificial sweetener. No gum or hard candies.
- You will receive a call the day prior to your scheduled procedure from a member of the endoscopy staff to confirm your arrival time. Schedules are sometimes changed due to cancellations and changes in your doctor's schedule. We apologize for any inconvenience this may cause.

NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE

****DUE TO SEDATION, YOU WILL NEED TO HAVE SOMEONE AVAILABLE TO DRIVE YOU HOME. PLEASE BRING A PHOTO ID, YOUR INSURANCE CARD (S) AND EYEGLASSES (IF NEED FOR READING).**