



## COLONOSCOPY PREPARATION INSTRUCTIONS 3 Bottles of Magnesium Citrate

In order for the doctor to carefully examine your bowel, you must cleanse your bowel of stool prior to the colonoscopy. You will need to purchase 3 bottles of Magnesium Citrate (avoid flavors that are red or purple colored) at your pharmacy for this prep. You do not need a prescription for Magnesium Citrate.

### 5 days prior to your procedure

Begin eating a LOW FIBER diet. Please AVOID high fiber foods-vegetables and fruits with skins or seeds, nuts, corn, popcorn, and whole grains. You may eat dairy products, pasta, white bread, eggs, meats (chicken and fish without skin are best), bananas, applesauce, potatoes without skins, smooth tomato sauce, dessert foods i.e. cake, pudding or cookies without nuts. Please follow this diet as closely as you can.

### 3 days prior to procedure

\*\*If you have a history of chronic constipation, please take 2 doses (a dose is 17 grams diluted in 8 ounces of non-carbonated liquid) of Miralax (or its generic) three days prior to the procedure and then prep as instructed.

### 2 days prior to your procedure

- You may have a light breakfast and a light lunch, followed by **CLEAR LIQUIDS ONLY**. Clear liquids consist of water, broth, tea, coffee, apple or white grape juice, Gatorade, Jell-O, and popsicles. Please avoid any clear liquids that are red or purple in color. You may not have dairy products or juices with pulp.
- At 5 pm**, drink **one bottle of Magnesium Citrate** and when complete, resume a **clear liquid diet**.

### 1 day prior to your procedure

- You may only drink clear liquids, no food!**
- At 1 pm**, drink the **second bottle of Magnesium Citrate** and when complete, resume a clear liquid diet.
- At 5 pm**, drink the **third bottle of Magnesium Citrate** and when complete you may then resume clear liquids until midnight then nothing by mouth until after your procedure.
- Your final returns (stool), after completing the prep, should be the color of urine or water.**
- It is not unusual to feel cold or chilled while drinking the prep.**

**If you are having difficulty drinking the prep (including nausea and/or vomiting after following the Helpful Hints below) please call the gastroenterologist on call at 781-444-6460. If it is the morning of your procedure and you are still passing formed or liquid brown stool after completing all of the prep, please call the Endoscopy and Infusion Center at 781-453-3886 after 7am and ask to speak to a nurse.**

## Helpful Hints

- You will have diarrhea, which can be quite sudden. This is normal. Be sure the bathroom is convenient.
- Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- It is common to experience abdominal discomfort that may last 2 to 4 hours, and occasionally significantly longer.  
Rectal skin irritation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes, or Tucks pads. Avoid products containing alcohol. If you have a prescription for a hemorrhoid cream, you may use it. Do not use suppositories.