

# BOWEL PREP INSTRUCTIONS (Magnesium Citrate)

INTERNAL MEDICINE ASSOCIATES \* 8895 BROADWAY \* MERRILLVILLE, IN 46410

Scheduling Dept. Phone: 219-736-4219

IMA-MED.COM

DATE OF PROCEDURE: \_\_\_\_\_ LOCATION OF PROCEDURE: \_\_\_\_\_

ARRIVE AT THE FACILITY: \_\_\_\_\_  FACILITY WILL CALL YOU WITH AN ARRIVAL TIME

- You **must** have a driver present at all times at the facility who will take you home.
- Public transportation or cabs are not allowed.
- **STAY HYDRATED. DRINK ADDITIONAL CLEAR LIQUIDS DURING THIS PREP**

## Blood Thinner Medications:

*If you take a blood thinner, notify Internal Medicine Scheduling Dept. for your Special Instructions (Coumadin, Plavix, Brilinta, Eliquis, Lovenox, Xarelto, Aggrenox, Effient, Pradaxa, Zontivity or Savaysa). You may stay on your Aspirin.*

## PREP INSTRUCTIONS:

- **START YOUR PREP THE DAY BEFORE YOUR PROCEDURE ON \_\_\_\_\_(DATE)**
  - **STOP EATING SOLID FOOD AND START HYDRATING WITH A CLEAR LIQUID DIET. IT IS IMPORTANT TO HYDRATE BEFORE YOU TAKE THE PREP, WHILE YOU'RE TAKING THE PREP, AND AFTER THE PREP.** Please see additional page "Just what is a Clear Liquid". Do **NOT** drink any dairy products, smoothies or anything containing artificial red dye.
  - **If you are a Diabetic**, take ½ your usual dose of insulin/diabetes medication while on this Clear Liquid diet.
  - **AT 4:00 p.m.**, take FOUR (4) Dulcolax tablets. **Follow with (2) 16 oz glasses of water.**
  - **At 6:00 p.m.**, take ONE (1) 10 OZ bottles of lemon-lime Magnesium Citrate.
- **DAY OF YOUR PROCEDURE \_\_\_\_\_(DATE)**
  - **5 HOURS PRIOR TO YOUR PROCEDURE**, Take ONE (1) bottle of Magnesium Citrate. **Follow with (2) 16 oz glasses of water.**
  - **STOP DRINKING LIQUIDS 3 HOURS BEFORE YOU ARRIVE AT THE FACILITY OR THE PROCEDURE WILL BE CANCELLED AND RESCHEDULED. NOT EVEN A SIP!!!**
  - **IF YOU ARE A DIABETIC**
    - **Do NOT** take insulin or other diabetes medication the morning of the procedure. Please check your blood sugar the morning of the procedure and report it to the nurse.
  - **IF YOU ARE ON BLOOD PRESSURE OR HEART MEDICATION**
    - Take your blood pressure and/or heart medication as prescribed **4 HOURS BEFORE** the procedure.

**IF YOUR BOWEL MOVEMENTS ARE NOT CLEAR AND FREE FROM STOOL, CALL THE FACILITY YOU ARE SCHEDULED AT AND INFORM THEM. THEY MAY NEED TO RESCHEDULE YOU.**

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Rv 04/18