

Patient Instruction Sheet

You are scheduled for the following test to be done.

Colonoscopy (prep w/2-10 oz. Bottles Magnesium Citrate)

Report to (Facility): _____

Date and Time: _____

You have been scheduled for an examination of the large intestine called a Colonoscopy. In order for the doctor to do a thorough exam, you must clean the colon. You will clean your colon before the test by following these instructions only.

INSTRUCTIONS:

- **Obtain from your pharmacy** (NO PRESCRIPTION NEEDED) two 10 oz. bottles of Magnesium Citrate.
- **The day before the procedure, you will be on clear liquids the entire day.** You may drink anything that you can hold up to the light and see through (apple juice, broth, coffee without cream, tea, water, sodas, etc.) You may also have Jell-O or popsicles but **NOTHING RED.**
- **Do not take any oral diabetes medications** the day of the prep or the morning of the procedure. If you are on INSULIN, please take only half your dose the day of the prep and the morning of the procedure.
- **At 4:00 p.m.** The day before the procedure you will drink 1-10 oz. bottle Magnesium Citrate. Follow this by plenty of clear liquids.
- **At 7:00 p.m.** drink the second 10 oz. bottle of Magnesium Citrate. Follow with a full glass of clear liquid.
- **Continue clear liquids until midnight or bedtime.**
- **Take needed medications with a small sip of water on the morning of the procedure. (Except Oral Diabetic Meds).** You must have someone with you in order for the physician to explain the results of the procedure after your exam, (this person will also need to be your driver), as you will have been sedated.
- Plan to be at the surgical center/hospital for approximately 2-3 hrs.
- The facility may call you with schedule updates or changes.