



# ACADIANA GASTROENTEROLOGY

A S S O C I A T E S

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## CITRATE OF MAGNESIA BOWEL PREP INSTRUCTIONS FOR YOUR PROCEDURE

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Time: \_\_\_\_\_ a.m. / p.m.

Location: \_\_\_\_\_

### THE DAY BEFORE THE PROCEDURE:

1.  In the morning, Refrigerate two (2) bottles of Citrate of Magnesia (clear).
2.  Have only clear liquids the day before. Clear liquids include black coffee or tea, clear fruit juices (apple or white grape), light soup, broth or bouillon, non-red gelatin dessert.
3.  At 3:00 P.M., Begin drinking half (1/2) of first bottle. After 30 minutes have passed, drink the remaining half. Wait another 30 minutes, take four (4) Dulcolax tablets. After 30 minutes have passed after the tablets, drink half (1/2) of the second bottle of Citrate of Magnesia. Wait 45 minutes then drink the remaining second half of the bottle. You may continue the clear liquid diet until midnight.
4.  Do Not Eat or Drink after Midnight.

### THE DAY OF THE PROCEDURE:

1.  You must be accompanied by a friend or relative to drive and / or assist you home.
2.  You may take your regular medications unless instructed otherwise.

### NOTES / COMMENTS:

1.  Continue /  Discontinue - taking aspirin, blood thinners and anti-inflammatory medicines three days prior to test.
2. Let us know if you have a history of Prosthetic Heart Valve, Blood Clots, or Atrial Fibrillation.
3. Avoid iron and Metamucil like medicines SEVEN (7) days before test.
4. Avoid diabetic medicines the morning of the test
5. Avoid Gingko Biloba three (3) days before the test.
6. Be sure to take your Blood Pressure medicine(s) the a.m. of the test.

IF YOU HAVE ANY QUESTIONS ABOUT THE PREP INSTRUCTIONS ABOVE, or  
YOUR SCHEDULED PROCEDURE, PLEASE CALL OUR OFFICE: 337-269-0963