



Magnesium Citrate AM Prep for Colonoscopy

Colonoscopy Instructions for: _____ Procedure scheduled with _____

Report to _____ South Plains Endoscopy Center (SPEC) 3610 24th Street Lubbock, TX

In the AM / PM, on _____ the _____ of _____.

(SPEC will call you three days prior to your procedure with your actual check-in time.)

Report to _____ Covenant Medical Center 3615 19th Street Lubbock, TX

at _____ AM / PM, on _____ the _____ of _____.

Purchase the following:

2-10 oz bottles of Magnesium Citrate

3 Dulcolax **Laxative** Tablets (you will have to purchase the whole box).

Important information regarding your medications. Read carefully:

--If you take the following blood thinners, please stop them **5 (five) days BEFORE** the procedure. These medications will increase your risk of bleeding if a polyp is removed during your procedure:

___Plavix (clopidogrel) ___Effient (prasugrel) ___Brilinta (ticagrelor) ___Coumadin (warfarin)

--If you take the following blood thinners, please stop them **2 (two) days BEFORE** the procedure. These medications will increase your risk of bleeding if a polyp is removed during your procedure:

___Pradaxa (dabigatran)___Eliquis (apixaban)___Xarelto (rivaroxaban)___Savaysa (edoxaban)

-It is okay for you to continue taking your Aspirin (all doses) and anti-inflammatory medications until the day of the procedure.

--Take your blood pressure or seizure medicine with a small sip of water at your normal scheduled time or a minimum of one hour before arriving at the Endoscopy Center.

--If you use an inhaler, please bring it with you to your procedure.

--If you are a diabetic, please check with your diabetic specialist regarding whether to take your insulin or oral hypoglycemic medications. Please bring your insulin to your procedure.

--If you are a smoker, please abstain from smoking the day of your procedure.

General important information:

PLEASE NOTE: You must have an adult accompany you on the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety. You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure. An Uber/Lyft is not an acceptable form of transportation unless you have someone to accompany you.

-Bring your glasses to sign papers. (Do not wear contact lenses.) Leave all jewelry, valuables, and money at home unless a deposit is required. Be prepared to wait, as some procedures take longer. Wear warm socks and comfortable clothing on the day of the procedure.

--In accordance with the ASGE and AGA guidelines, antibiotic prophylaxis is not recommended for endoscopies performed at South Plains Endoscopy Center. Therefore, it is not necessary for you to take any prior to your procedure.

4 DAYS BEFORE PROCEDURE _____

1. If you are taking iron or fiber supplements, stop taking them now.
2. Stop eating corn and all seed products (e.g., Flax seed, Chia, etc.) until after your procedure.

DAY BEFORE PROCEDURE _____

1. Start a clear liquid diet and continue clear liquids only throughout the day. Clear liquids allowed include coffee, tea, soft drinks, water, clear fruit juices, bouillon, sports drinks, and Jello. Alcoholic beverages are allowed in moderation. **NO MILK PRODUCTS OR SOLID FOODS ARE ALLOWED.** Drink at least 8 oz of water with your liquid breakfast and lunch. You may continue clear liquids during the day.
2. At 12:00 p.m. (noon), take the 3 Dulcolax pills. At 5:00 p.m., drink one full (10oz) bottle of Magnesium Citrate mixed with a cold, clear liquid of your choice. (If you become nauseated while drinking the prep, stop the prep, wait 30-60 minutes, and restart the prep, drinking more slowly if needed. If you are unable to complete the prep, your procedure must be canceled and rescheduled.)
3. At 8:00 p.m., drink a second full (10oz) bottle of Magnesium Citrate, again mixed with a cold, clear liquid of your choice.
4. **Nothing by mouth after midnight. No gum, mints, or hard candy on the day of your procedure.**

DAY OF PROCEDURE _____

Take your blood pressure or seizure medicine with a small sip of water. **NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE.**

Cancellation Policy: Effective 01-01-2014, a \$100.00 fee will be charged to those who do not keep their appointment, cancel their appointment with less than 48 hours' notice, or if the patient fails to follow all instructions as outlined above that results in cancellation of the procedure. Procedure appointment slots are very limited, and you will be helping other patients receive the care they need and deserve. To cancel or reschedule, please call (806) 793-3141 ext. 250.

***Please note: If you report for your procedure and you **DID NOT** follow all the above instructions, resulting in the cancellation of your procedure, you may be charged \$100.00 and your procedure will be rescheduled.