

## MAGNESIUM CITRATE PREPARATION INSTRUCTIONS

Your Colonoscopy has been scheduled with Dr. \_\_\_\_\_

On \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ at \_\_\_\_\_ am/pm  
Day Month Date Arrival Time

At:

☐ **Washington Hospital  
Admitting Department  
2000 Mowry Avenue  
Fremont, CA  
510-797-1111**

☐ **Washington Outpatient Surgery Center  
First Floor  
2299 Mowry Avenue  
Fremont, CA  
510-791-5374**

**If you need to cancel or reschedule your procedure please call our office 3 days prior to the procedure at 510-248-1843.**

### Shopping List for Prep:

- **2 - 10 ounce Bottle of Magnesium Citrate Lemon (Available Over the Counter)**

### Shopping List for Clear Liquid Diet:

- |  |                        |                              |
|--|------------------------|------------------------------|
| • Water  | Bouillon (clear broth) | Jell-O gelatin (not pudding) |
| • Popsicles  | Carbonated Soda        | Ginger Ale                   |
| • Black Tea  | Black Coffee           | Gatorade                     |
| • Crystal Light  | Coconut Juice          | Sugar and Sugar Substitutes  |
| • Honey  | Syrup                  | Clear Hard Candy             |
| • Clear Fruit Juices ( <i>white grape, apple, lemonade</i> )   |                        |                              |
| • Avoid solid foods, dairy products, fruit juices with pulp, and all red, orange, purple, or blue colored liquids. |                        |                              |

### Shopping List for Comfort:

- Desitin, A&D Ointment, Vaseline (*apply to anal area to relieve discomfort*)
- Baby Wipes (*use instead of toilet paper to reduce irritation*)

**IMPORTANT:** There are Medications which **MUST** be Stopped Prior to your Colonoscopy.

- Refer to the Separate Medication Instructions Page Attached

- Always Discuss Medication Concerns with Your Doctor.

### THREE DAYS PRIOR TO THE COLONOSCOPY:

- DO NOT EAT:
  - Legumes
  - Corn
  - Nuts
  - Peas
  - Tomatoes
  - Carrots
  - Watermelon
- IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE PLEASE CALL OUR OFFICE TODAY AT 510-248-1843

### DAY BEFORE THE COLONOSCOPY:

- DIET:
  - ALL DAY - Clear Liquids Only (*as described on the front of this sheet*)
  - Any combination of liquids is allowed
  - Be creative for “meals”
  - Stay hydrated! You need to drink at least 3 liters of fluids
  - Drink enough fluids to avoid dehydration while undergoing the colonoscopy prep
- COLONOSCOPY PREP:
  - At 5:00pm:
    - Drink one bottle of the MAGNESIUM CITRATE
      - You can chill the MAGNESIUM CITRATE
      - This minimizes the taste
  - Within a few hours you can expect frequent bowel movements and diarrhea
  - Until Bed Time:
    - Continue your Clear Liquid Diet to prevent dehydration and ensure good urine output by drinking 2-3 liters of clear liquids

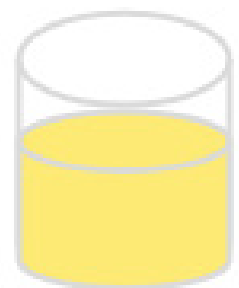
### DAY OF THE COLONOSCOPY:

- WAKE UP: 4-5 hours before the scheduled time of your colonoscopy
  - If your colonoscopy is scheduled early in the morning you will need to get up in the early morning hours
- IMMEDIATELY: Drink the second bottle of MAGNESIUM CITRATE
  - The timing of this second dose is important
  - Do NOT skip this step
- 3 HOURS PRIOR to your Colonoscopy scheduled time:
  - You should have completed drinking the second bottle of the MAGNESIUM CITRATE

**3 HOURS PRIOR TO YOUR COLONOSCOPY**  
**DO NOT EAT OR TO DRINK UNTIL YOUR COLONOSCOPY IS COMPLETED**

**WHAT TO EXPECT AFTER THE BOWEL PREP IS COMPLETE:**

- More diarrhea
- Passing of clear, colored liquid
- IF your stool is brown and murky, please inform the nurse upon admission
  - Poor bowel preparation may result in having to reschedule your procedure and a more extensive prep



Dark and  
murky  
**NOT OK**

Brown and  
murky  
**NOT OK**

Dark  
Orange and  
semi-clear  
**NOT OK**

Light Orange  
and clear  
**ALMOST  
THERE**

Yellow and  
clear, like urine  
**YOU'RE READY!**

**AFTER THE COLONOSCOPY:**

- You may resume your normal diet
- Continue drinking enough liquids until bedtime to prevent dehydration and ensure good urine output
- You **MUST** have a responsible driver pick you up and a responsible caregiver at home with you for 4 hours after discharge

**PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS AT (510) 248-1843**

# MEDICATION INSTRUCTIONS

Please discuss with your health care provider or cardiologist specific instructions prior to discontinuing any medications.

**ANTI-PLATELET – Discontinue 5 Days Prior to Colonoscopy, unless otherwise specified by your physician**

- ☐ Clopidogrel (Plavix)
- ☐ Ticagrelor (Brilinta)
- ☐ Prasugrel (Effient)
- ☐ Eptifibatide (Integrilin)
- ☐ Ticlodipine (Ticlid)

**ANTI-COAGULANT – Discontinue 4 Days Prior to Colonoscopy**

- ☐ Warfarin (Coumadin)

**ANTI-COAGULANT – Discontinue 2 Days Prior to Colonoscopy**

- ☐ Rivaroxaban (Xarelto)
- ☐ Dabigatran (Pradaxa)
- ☐ Apixaban (Eliquis)

**ANTI-COAGULANT – Discontinue 1 Day Prior to Colonoscopy**

- ☐ Heparin
- ☐ Enoxaparin (Lovenox)

**ANTI-COAGULANT – Ask the Prescribing Doctor When to Discontinue**

- ☐ Edoxaban (Savaysa)
- ☐ Fondaparinux (Arixtra)

**OTHER MEDICATIONS – Discontinue 5 Days Prior to Colonoscopy**

- ☐ Fish Oil
- ☐ Iron Supplements
- ☐ Vitamin E
- ☐ Hydrocil
- ☐ Metamucil
- ☐ Gingko
- ☐ Other Bulk Preparations
- ☐ Turmeric (Curcumin)

**FOR 5 DAYS PRIOR TO COLONOSCOPY – You may take TYLENOL if needed.**

**ROUTINE PRESCRIBED MEDICATIONS – Continue taking as prescribed.**

**FOR 3 DAYS PRIOR TO COLONOSCOPY– Stop JARDIANCE**

**DIABETES MEDICATIONS – Discuss with your Endocrinologist, however normally:**

- The plan would be:
  - Day Before Colonoscopy: take half the normal dose of Diabetes Medication and/or Insulin
  - Day of the Colonoscopy: DO NOT take your diabetes medication

**Please review the guidelines from American Society of Anesthesiologists regarding preoperative holding of glucagon-like peptide receptor agonists:**

**Dulaglutide (Trulicity)**

**Exenatide (Byetta)**

**Exenatide extended-release (Bydureon)**

**Liraglutide (Victoza)**

**Lixisenatide (Adlyxin)**

**Semaglutide injection (Ozempic)**

**Semaglutide tablets (Rybelsus)**

**Tirzepatide (Mounjaro)**

**Wegovy (Semaglutide)**

**Zepbound(Tirzepatide)**

**If they are given by WEEKLY INJECTION, these medications SHOULD BE HELD 1 WEEK BEFORE procedure.**

**If they are given ORALLY on a DAILY basis, they SHOULD BE HELD on the DAY BEFORE procedure.**