

MAGNESIUM CITRATE

Phone: (909)833 7556

CONFIRM YOUR LOCATION:

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| <input type="checkbox"/> POMONA VALLEY HOSPITAL 1798 N. Garey Ave, Pomona, CA 91767 Phone (909) 865-9141 | <input type="checkbox"/> ARCHIBALD SURGERY CENTER 9674 Archibald Ave, Suite 175, Rancho Cucamonga, CA 91730 (Will call 1-2 business days before to give the exact procedure time) Phone: (909) 296-8930 |
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PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE YOU START:

ARRANGE FOR TRANSPORTATION: Since Endoscopy involves anesthesia/ sedation, you must have someone drive you home and stay with you for 2-4 hours following the procedure.

You may use Uber or Lyft services but must have a responsible adult other than the driver for discharge.

Inform the Office Immediately

- If you started any NEW immunosuppressive medications or a chemotherapy regimen.
- Experienced chest pain, shortness of breath or dizziness
- If there is a change in your insurance coverage

STOP THE FOLLOWING MEDICATIONS:

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| 14 DAYS BEFORE THE PROCEDURE | Ozempic/ Wegovy: Semaglutide Mounjaro: Trizapatide Trulicity: Dulaglutide Saxenda/Victoza: Liraglutide |
| 5 DAYS BEFORE THE PROCEDURE | NSAIDs: Advil, Ibuprofen, Motrin, Aspirin, Aleve, Naproxen, Celebrex, Diclofenac, Meloxicam Coumadin/ Warfarin Anti-Platelet Therapy: Plavix/ Clopidogrel, Prasugrel/ Effient, Ticlopidine/ Ticlid, Brilinta/Ticagrelor, Aspirin, Excedrin. Supplements: Any iron or multi-vitamin (with iron), Fish Oil, Vitamin E, omega-3, CoQ10, Fosamax, and Garlic supplements. |
| 3 DAYS BEFORE PROCEDURE | Apixaban/ Eliquis Rivaroxaban/ Xarelto Dabigatran/ Pradaxa Edoxaban/ Savaysa |

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- This preparation is meant to clean your colon and may cause minor cramping, diarrhea, rectal and abdominal discomfort. Small amounts of rectal bleeding, headaches, fatigue, and nausea are expected.
- PLEASE STAY AT HOME AND PLAN TO STAY CLOSE TO THE RESTROOM; THIS MEDICATION MAY WORK QUICKLY. If any of these symptoms are significant or you have questions, please do not hesitate to contact us.
- Using Vaseline or diaper rash ointment between bowel movements will help prevent rectal irritation. You can also use baby wipes in place of toilet tissue.

FIVE DAYS BEFORE YOUR PROCEDURE:

Purchase:

Six tablets of Dulcolax Laxatives (bisacodyl) 5mg dose (over the counter)

Three 10oz bottles of Magnesium Citrate (over the counter)

Clear liquids: 3-32oz bottles of Gatorade, Powerade, water or clear liquid. No alcohol, please.

1 DAY BEFORE YOUR PROCEDURE, DO NOT EAT ANY SOLID FOODS! STAY HYDRATED!

Clear fluids ONLY for BREAKFAST, LUNCH, AND DINNER. DO NOT have any solid foods or milk products. **Nothing** colored RED, **PURPLE**. No alcoholic beverages.

At 4:00 PM

Take **4** tablets of Dulcolax. Drink the **First bottle of Magnesium Citrate**. To improve the taste, chill it ahead of time. Start drinking the first 32oz bottle of clear liquid, drinking 1 **cup** (8oz) every 15-30 minutes until you finish the bottle.

At 6:00 PM Drink the **Second bottle of Magnesium Citrate**. Start drinking the second 32oz bottle of clear liquid, drinking 1 cup (8oz) every 15-30 minutes **until** you finish the bottle.

THE DAY OF YOUR PROCEDURE

5 hours before your procedure:

Take the last two tablets **of** Dulcolax.

Drink the **Third bottle of Magnesium Citrate**,

Start drinking the third 32oz bottle of clear liquid, drinking 1 cup (8oz) every 15-30 minutes until you finish the bottle. Keep drinking plenty of fluids to prevent dehydration and weakness.

3 HOURS BEFORE YOUR PROCEDURE: DO NOT DRINK ANY WATER OR ANY OTHER LIQUIDS.

YOU MAY TAKE IMPORTANT MEDICATIONS (such as heart, blood pressure, thyroid, or seizure medication) with a small sip of water on the morning of your procedure.

DO NOT take insulin or your diabetic medications until after the procedure.