

East Bay Endoscopy Center
10 King Charles Drive – Clock Tower Square Plaza
Building 100, Suite 109 Portsmouth

Magnesium Citrate and Ducolax prep for Colonoscopy

A few days prior to your procedure, you will need to get 2 – 10oz bottles of magnesium citrate (any flavor) and at least 4 ducolax laxative tablets (make sure they are the laxatives, not the stool softeners). These are over the counter in the laxative aisle. The magnesium citrate will taste better if refrigerated.

The day before your procedure:

All Day you must be on a liquid only diet, no solid food. (Examples of acceptable liquids are water, fruit juice, soup broth, Gatorade, jell-o or popsicles – any color, soda, coffee and tea – a small amount of milk or creamer is o.k. but no other dairy is allowed) You may have as much as you want, preferably at least 8oz every hour while awake. Limit your caffeine intake. **NO ALCOHOL.**

- **At 4pm**, take 4 ducolax tablets with water. **DO NOT** crush or chew, and do not take within 1 hour of taking other medication.
- **At 5pm**, drink 1 bottle of the magnesium citrate, followed by plenty of liquids.
- **At 7pm**, drink the 2nd bottle of the magnesium citrate, followed by plenty of liquids. It is important to stay well hydrated.

The day of your procedure: You may continue to have liquids until 3 hours prior to your arrival time.

- Take any regular medications for your heart, blood pressure, seizures or other conditions with a small amount of water, unless otherwise instructed. Inhaled medications have no restrictions.
- If you are taking any diabetic medication, consult the doctor who prescribes them to you for specific instructions on how to take them.

If you are on any blood thinners such as Coumadin, Warfarin, Lovenox, or Aspirin or anti-platelet medications such as Plavix, Heparin, Pletal, Trental, Ticlid or Aggrenox; **STOP THEM 3 DAYS PRIOR TO THE PROCEDURE!!!** If you need a pain reliever, Tylenol, Ibuprofen or Advil are acceptable.

Prior to your arrival for your procedure, it is required that you remove any detachable surface metal objects in/on your body (including body piercing). If you wear contact lenses, it is recommended that you remove them and use eyeglasses.

There will be an IV started to give you sedation. For this reason, you will need to make arrangements to have someone drive you home (you cannot leave by taxi, bus or by foot unless you are accompanied by someone age 18 or older). You cannot drive for the rest of the day. You may resume eating as you feel comfortable. You should be fine to resume all normal daily activities by the next day. **Your arrival time is approximate and subject to change. Please make sure your transportation is flexible.**

DATE:

ARRIVAL TIME:

PROCEDURE TIME:

Please call out office at 293-5600 if you need to reschedule or cancel your appointment. Please be advised that University Gastroenterology requires a 48 hour notice to reschedule or cancel a procedure. We reserve the right to charge \$100 for a missed procedure appointment. Thank you.

Visit our website at www.universitygi.com to view patient education videos on all our procedures!!!