

## Magnesium Citrate Prep (AM Split Dose)

Gastroenterology Clinic  
611 Grammont St.  
Monroe, LA 71201  
318.325.2634 or 800.293.2634

**Day Before Procedure:** \_\_\_\_\_

\_\_\_\_\_ Thin Liquids all day (No solid food!) - You may have water, soft drinks, coffee, tea, Popsicles® Jell-O® (lemon or lime without fruit), chicken or beef broth, clear juices (apple, white grape juice) and hard candy.  
**NOTHING RED OR PURPLE! NO MILK! NO ALCOHOL!**

\_\_\_\_\_ 5:00pm - Drink Bottle of Green Magnesium Citrate (chilled).

\_\_\_\_\_ 5:30pm - Begin drinking water. Drink an 8oz. glass every 20 minutes for a total of 6-8 glasses, minimal.

\_\_\_\_\_ 7:00pm - Take three (3) Dulcolax tablets with a glass of water.

\_\_\_\_\_ 9:00pm - Take three (3) Dulcolax tablets with a glass of water.

\_\_\_\_\_ You may have liquids until midnight.

**Day of Procedure:** \_\_\_\_\_

\_\_\_\_\_ \_\_\_\_\_ am - Drink Bottle of Green Magnesium Citrate (chilled).

\_\_\_\_\_ \_\_\_\_\_ am - Begin drinking water. Drink an 8oz. glass every 20 minutes for a total of 6-8 glasses, minimal.

\_\_\_\_\_ \_\_\_\_\_ am - Take three (3) Dulcolax tablets with a glass of water.

\_\_\_\_\_ Take morning medications, if any, with a small sip of water.

**\*\*Be sure to take BLOOD PRESSURE, SEIZURE and HEART medications.**

**\*\*If you are a DIABETIC, please call your physician for dosage of medicine to be taken the morning of your test.  
Please check your blood sugar the morning of the test.**

**\*\*If you take BLOOD THINNERS, follow instructions given to you at the time of pre-registration.**

\_\_\_\_\_ Bring your medications with you.

\_\_\_\_\_ Bring someone to drive you home. (You will be here approximately 2 hours)

Procedure Date: \_\_\_\_\_

Place: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_