

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: _____