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Mag Citrate

Listed below are your instructions for your colonoscopy prep which you are scheduled to have on ____/____/____ at ____:____. (Check in at Acadiana Surgery Center in **Suite 102**). **A member of our endoscopy center staff will call you with your arrival time (after 5:00pm), the day before your test.**

One week prior to your procedure, we ask that you discontinue taking all aspirin compounds, NSAIDS (Ibuprofen, Advil, Aleve, BC powder, Celebrex etc.) and vitamins, especially vitamin E. (You may take Tylenol /Acetaminophen products). Please discontinue taking these medications on: ____/____/____

- Day 1 Date ____/____/____:
 - Follow a low fiber diet. (Copy of diet provided in your packet).
 - Take two (2) 5mg Dulcolax (generic/bisacodyl) tablets by mouth at bedtime.
- Day 2 Date ____/____/____:
 - Follow a low fiber diet. (continue)
 - Take two (2) 5mg Dulcolax (generic/bisacodyl) tablets by mouth at bedtime.
- Day 3 Date ____/____/____:
 - Follow clear liquid diet. (Copy of diet provided in your packet).
 - Drink 1 bottle of Citrate of Magnesium at 4PM.
 - Drink 1 bottle of Citrate of Magnesium at 7PM.
 - Drink plenty of fluids before, during and after mag citrate.
 - Take two (2) 5mg Bisacodyl (generic for dulcolax) tablets by mouth at bedtime.
- Day 4 Date ____/____/____: (Day of procedure)
 - Follow clear liquid diet until 4AM.
 - At 4:00AM you may take _____ (if normally taken in the morning).
 - Drink 1 bottle of Citrate of Magnesium at 4AM.
 - Nothing to eat or drink (nothing by mouth) after 4AM.
 - Two (2) hours prior to leaving home, give yourself 1 regular Fleet enema. (Generic is ok).

****See back of page for instructions on holding prescription and non-prescription blood thinning medications****

****Please purchase the following items at your local pharmacy or convenience store. All items can be purchased OVER THE COUNTER****

1. Three (3) 10 oz. bottles of Magnesium Citrate/lemon or grape - **CLEAR** flavor (no colored solution).
2. Bottle of Dulcolax Delayed-release tablets 5mg (generic for Bisacodyl). (____ tablets)
3. One (1) regular Fleet enema (NOT OIL). (Generic is ok).