



Naugatuck Valley  
Gastroenterology  
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## Magnesium Citrate Colonoscopy Preparation

- **Prior to your procedure, confirm that you can safely stop taking blood thinners** (Coumadin, Plavix, Xarelto, Pradaxa, Eliquis) before your procedure.
- For diabetic patients, please follow the diabetic instruction sheet and **contact your doctor that manages your diabetes for the instructions regarding adjustment of your diabetes medication.**

### **TWO DAYS BEFORE YOUR PROCEDURE**

**\*\*\* No nuts, seeds or quinoa 2 days before your test\*\*\***

### **THE DAY BEFORE YOUR PROCEDURE**

**\*\*\*\*\* NO SOLID FOOD, DAIRY, OR RED OR PURPLE DYE THE ENTIRE DAY\*\*\*\*\***

1. **CLEAR LIQUID DIET:** It is essential that you drink enough fluids to prevent dehydration. You should plan to drink at least 6-8 glasses of water on the day before your procedure. Any liquids you can see through are acceptable (i.e., water, fruit juice without pulp, tea, black coffee, clear broth/bouillon, ginger ale, lemon-lime soda, lemonade, Gatorade/sports drink, Jell-O). **You may not have any soft/solid food or any milk/dairy products. Do not drink any red or purple liquids.** In addition, please do not take any fiber products (i.e. Citrucel, Benefiber or Metamucil).
2. **MAGNESIUM CITRATE:** You will need two (2) 10-ounce bottles of magnesium citrate (lemon-lime NOT red). Drink the 1st bottle around 12pm (followed by two glasses of water) and the 2nd bottle around 4pm (followed by two glasses of water). If necessary, drinking it over ice and/or mixing it with water/juice may make it easier to drink.
3. **DULCOLAX TABLETS:** Take 3 pills at 2pm with 8 ounces of water
4. You should expect to start having diarrhea within 2-4 hours after taking the prep. If not, you may contact the on-call physician to discuss other measures, such as taking additional laxatives. It is possible that your test will have to be rescheduled if you are unable to be properly cleaned.
5. You may continue to drink clear liquids until bedtime.

### **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

It is okay to take your morning medications (blood pressure and heart medications) with a sip of water. If you have a history of asthma or breathing problems, please use any inhalers as prescribed. If you are unsure about which medications are okay to take, please check with our office.

Waterbury Surgery Center                      1312 West Main Street, Waterbury

Waterbury Hospital                              64 Robbins St, Waterbury  
(Proceed to GI Endoscopy Unit – 1<sup>st</sup> Floor)

**NOTE:** Because you received sedation, you will not be discharged after the procedure unaccompanied!!  
**An adult companion must be present to bring you home.**

PROCEDURE DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

# Approved Clear Liquids

<p>Sport Drinks</p> 	<p>Clear soup broth,</p> 	<p>Water</p> 	<p>Popsicles</p> 
<p>Jell-O</p> 	<p>Juice</p> 	<p>Sodas</p> 	<p>Tea/Coffee</p> 
<p>Honey, Sugar, Sweeteners</p> 	<p>Powdered Drinks</p> 	<p><b>Do NOT Have:</b></p> <ul style="list-style-type: none"> <li>- Dairy</li> <li>- Dairy Substitutes</li> <li>- Anything red or purple</li> <li>- Juice with pulp</li> <li>- Nuts, seeds or quinoa 2 days before your test</li> </ul>	