

MAGNESIUM CITRATE BOWEL PREP

NOTE: YOU WILL NEED TO BUY 2 BOTTLES OF MAGNESIUM CITRATE AND 2 DULCOLAX PILLS AT YOUR FAVORITE PHARMACY

Prep date _____

Procedure date _____

Time: the day before your colonoscopy a nurse from Same Day Surgery will call you after 1:00 pm to give you your arrival time. If you have not been contacted by 4:00 pm please call 417-533-6081.

CHECK IN: PLEASE CHECK IN AT Mercy Hospital Lebanon at the _____ Entrance.

A successful colonoscopy requires that the colon be completely free of all stool matter. Magnesium Citrate is a product that, when properly taken by mouth followed by 32 ounces of a liquid (from the clear liquid diet) will rapidly cleanse the bowel by causing a watery diarrhea. It is formulated so that fluid is not absorbed into the blood stream.

THIS PREP IS TO BE DONE THE DAY BEFORE YOUR COLONOSCOPY

The day before your procedure you CANNOT have solid food—Clear liquids only for breakfast, lunch and dinner.

As soon as you wake up on your prep day you will immediately start drinking CLEAR liquids and you will drink them all day long even after starting the prep.

*** Evening prior to prep---you will need to take 2 Dulcolax tablets at bedtime***

PREP DAY—LIQUID MENU ALL DAY

DO NOT DRINK ANYTHING RED OR PURPLE

***SOFT DRINKS- ORANGE, GINGER ALE, COLA, SPRITE, 7-UP GATORADE, KOOL-AID**

***STRAINED FRUIT JUICES WITHOUT PULP— APPLE, WHITE GRAPE, ORANGE, LEMONADE**

***WATER, TEA, GREEN TEA, COFFEE (NO MILK OR DAIRY CREAMER)**

*** CHICKEN OR BEEF BOUILLON/BROTH**

***HARD CANDY**

***JELL-O (NO RED OR PURPLE, NO FRUIT OR TOPPING)**

***POPSICLES (NO SHERBET OR FRUIT BARS; NO ICE CREAM OR FUDGE BARS)**

PREP PREPARATIONS AND DRINKING INSTUCTIONS

Evening prior to prep---you will need to take 2 Dulcolax tablets at bedtime

DAY OF PREP—10:00 AM- Drink the first bottle of MAG CITRATE. Begin drinking taking small continuous sips. Drink at a pace that is comfortable for you; Take a short break if you start getting nauseated. After finishing the first bottle, continue to drink 32 ounces of your choice of a liquid from the clear liquid diet. This will help keep your body hydrated and push the prep on through your bowels. Continue drinking from your clear liquid diet until your next bottle of Mag Citrate

2:00 PM—drink the second bottle of MAG CITRATE- AT A PACE THAT IS COMFORTABLE TO YOU. After finishing it, drink another 32 ounces of your choice of a clear liquid.

Your last bowel movement should be clear to yellow liquid with no solid material. If you are not clear you will need to get an enema and use it as directed on bottle.

CONTINUE DRINKING CLEAR LIQUIDS UNTIL MIDNIGHT AND THEN NOTHING TO EAT/DRINK AFTER MIDNIGHT.

NOTE: YOU MUST BRING SOMEONE WITH YOU TO STAY AT THE HOSPITAL, (MUST BE OF LEGAL AGE TO SIGN YOU OUT) DRIVE YOU HOME, AND STAY WITH YOU FOR APPROXIMATELY 24 HOURS. THIS PERSON WILL BE THE "CONTACT" PERSON FOR THE DOCTOR WHEN YOUR PROCEDURE IS FINISHED. THE HOSPITAL WILL NOT RELEASE YOU TO A TAXI CAB,OATS BUS OR ANY PUBLIC TRANSPORTATION. IT IS SUGGESTED THAT YOU “NOT” DRIVE FOR 24 HOURS AFTER YOUR COLONOSCOPY

Medications: We REQUIRE you to check with your PCP/Cardiologist if you take any of the below medications, regarding instructions about stopping your blood thinner as well as making a follow up appointment for lab work (protime) after surgery.

Must Be Stopped 7 Days Prior	Must Be Stopped 5 Days Prior	Must Be Stopped 2 Days Prior
Aspirin 325MG	Aggrenox	Pradaxa
Effient	Arixtra	
	Brilinta	
	Coumadin/	
	Warfarin	
	Eliquis	
	Fragmin	
	Persantine	
	Plavix	
	Pletal	
	Ticlopidine HCl	
	Trental	
	Tinzaparin	
	Xarelto	

Please stop the following medications 5 days prior to surgery:

Advil, Aggrenox, Aleve, Alka-Seltzer, Anacin, Anaprox, Ansaid, Arthritis Strength,

Arthrotec, Aspergum, Bexophene, Bextra, Cama, Cataflam, Celebrex, Clinoril, Clopidogrel, Congespirin, Darvon, Daypro, DHC Plus, Diclofenac, Disalcid, Ectorin, Etodolac, Excedrin, Feldene, Fish oil, Garlic vitamins, Ginko Baloba, Ibuprofen, Indocin, Indomethacin, Ketoprofen, Ketorolac, Lodine, Meclofenamate Salsalate, Meloxicam, Mobic, Motrin, Nabumetone, Naprolen, Naprosyn, Naproxen, Norgesic, Nuprin, Ordis, Piroxicam, Relafen, Roxiprin, Soma Compound, Supac, Synalgos-DS, Talwin, Ticlid, Ticlopidine, Tolectin, Tolmetin, Vicoprofen, Vitamin E, Voltaren, 4-way cold tablets.

*You should **not** take Phentermine/Bontril at least **two weeks** prior to surgery.

***Please take any routine heart, seizure, blood pressure or psychiatric medications the morning of surgery with a small sip of water, just enough to get it down**

DO NOT SMOKE OR USE ANY TOBACCO PRODUCTS AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY

***Do not shave the surgical site**

****Please call if you have any cat scratches or tick bites.***

NOTE: YOU MUST BRING SOMEONE WITH YOU TO STAY AT THE HOSPITAL (If you do not have someone to stay your procedure will not be completed), DRIVE YOU HOME, AND STAY WITH YOU FOR APPROXIMATELY 24 HOURS. THIS PERSON(S) WILL BE THE "CONTACT" PERSON FOR THE DOCTOR WHEN YOUR PROCEDURE IS FINISHED. THE HOSPITAL WILL NOT RELEASE YOU TO A TAXI CAB OR THE OATS BUS. IT IS ALSO SUGGESTED THAT YOU NOT DRIVE FOR 24 HOURS AFTER YOUR COLONOSCOPY.

PRE-OPERATIVE INSTRUCTIONS

DO NOT:

- **EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.**
- WEAR TIGHT CLOTHING SUCH AS GIRDLES OR PANTYHOSE.
- WEAR ANY JEWELRY TO SURGERY.
- WEAR MAKE-UP OR NAIL POLISH TO SURGERY.
- **YOU WILL NOT BE ALLOWED TO DRIVE HOME.** PLEASE MAKE ARRANGEMENTS FOR TRANSPORTATION HOME.
- ARRIVE EARLY FOR SURGERY UNLESS YOU ARE CALLED.
- SHAVE PRIOR TO SURGERY.

DO:

- **BRING A COPY OF LIVING WILL OR ADVANCED DIRECTIVE.** (IF YOU ALREADY HAVE ONE)
- WEAR COTTON SOCKS AND UNDERCLOTHES.
- NOTIFY YOUR DOCTOR IF YOU DEVELOP A COLD, FEVER OR OTHER ILLNESS BEFORE SURGERY.

- SHOWER OR BATHE (ALSO WASH YOUR HAIR) WITH ANTIBACTERIAL SOAP (SUCH AS DIAL) THE DAY BEFORE AND THE MORNING OF SURGERY.
- WEAR CLEAN, LOOSE FITTING CLOTHING AND SHOES THAT ARE EASILY REMOVED.
- BRING A CASE FOR CONTACTS OR GLASSES.
- BRUSH YOUR TEETH AND GARGLE THE MORNING OF SURGERY, BUT DO NOT SWALLOW ANY WATER.
- MAKE ARRANGEMENTS FOR SOMEONE TO STAY WITH YOU AFTER SURGERY.

Surgery Patients:

Please be aware that having a test or surgery performed by our surgeons may require some sort of financial responsibility on your part. If you have health insurance, we will call them and get your benefits, which include the deductible, coinsurance and out of pocket amounts you will owe. This information is available to you prior to your surgery or test.

If you have any questions or comments prior to your test or surgery, please feel free to call our office between the hours of 8:30am and 4:30pm M-F daily at 417-533-6780.

Thanks,

MERCY CLINIC LEBANON GENERAL SURGERY