



COASTAL ENDOSCOPY CENTER, LLC

175 Gunning River Road | Building A | Unit 4 | Barnegat, NJ 08005-1436

Tel: (609) 698-0700 Fax: (609) 698-0777

CITRATE OF MAGNESIA

PREP FOR COLONOSCOPY

(Prep done the day before procedure)

You will need to purchase 2(two) 10 oz. bottles of *CITRATE OF MAGNESIA*, (**NOT** Cherry, grape, or orange--
-it must be clear flavor)

They are over the counter at pharmacy Wal-Mart, etc.....

IF YOU TAKE BLOOD THINNERS, THE DOCTOR WILL ADVISE YOU IF THEY NEED TO BE STOPPED FOR PROCEDURE.

DIABETICS: please check with your doctor for managing your blood sugar on the prep day.

THE DAY BEFORE THE TEST

1. The first bottle you will drink at 2:00 PM

The second bottle you will drink at 6:00 PM

2. You will be on a CLEAR LIQUID DIET the entire day before the test, (NO SOLID FOODS). Make sure you drink plenty of clear fluids, water, 7-up, ginger ale, chicken broth, Gatorades (**NOT CHERRY, ORANGE OR GRAPE**).

You may have jell-o (**NOT CHERRY, ORANGE OR GRAPE**). Drink at least 72 fluid ounces of clear fluid in addition to the prep.

THE DAY OF THE COLONOSCOPY

No painkillers, sedatives or alcohol.

DIABETICS: the day of your colonoscopy, check your blood sugar in AM.

DO NOT TAKE YOUR DIABETIC MEDICINE- you will bring it with you to the facility.

If you are taking meds for high blood pressure, cardiac, thyroid or seizure medicines and you take them in the morning, please take by 7:00 AM with just enough water to swallow pills. Nothing by mouth 6 hours prior to procedure (this includes water), unless instructed by physician or nurse.