



820 Bestgate Road Suite 1A  
Annapolis, Maryland 21401  
410-224-2116

# Colonoscopy with Magnesium Citrate Prep



## Your Procedure:

You are scheduled for a colonoscopy. The doctor will examine the lining of your large intestine with a colonoscope. If polyps or other abnormalities are found during the procedure, the doctor will remove the abnormal tissue for further evaluation.

**Place:** Maryland Center for Digestive Health  
Bestgate Medical Clinic  
820 Bestgate Road, Suite 1A  
Annapolis, Maryland 21401  
AAMC (Anne Arundel Medical Center)

**Patient Name:** \_\_\_\_\_  
**Date of Procedure** \_\_\_\_\_  
**Arrival Time** \_\_\_\_\_  
**Procedure Time** \_\_\_\_\_

### YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY

1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>Purchase the following:</b> - two 10oz bottles of Magnesium citrate (not red)</p> <p>- 10mg Dulcolax tablets (not suppositories)</p> <p><b>Follow these instructions, not the box instructions.</b></p> <p>If you take dietary, herbal or fiber supplements or medications containing iron, including multi-vitamins with iron, <b>discontinue these 7 days</b> before your appointment.</p> <p><b><u>If you are taking blood thinners including Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Effient (Prasugrel) and Eliquis (Apixaban), you will need an office visit prior to your procedure.</u></b></p> <p>You may continue your "baby" aspirin and regular aspirin if you were prescribed them for a cardiovascular condition.</p>	<p><b>Begin low fiber diet.</b></p> <p>Stop consuming all high-fiber foods. This includes food with seeds and nuts.</p> <p>If you are taking <b><u>Plavix (Clopidogrel), stop taking it today.</u></b></p> <p>If you are taking ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications, <b><u>stop taking them today.</u></b> Tylenol and Celebrex are okay to use.</p>	<p>Continue low fiber diet.</p> <p>Drink at least four 8oz glasses of water throughout the day.</p>  <p><b>No solid foods after midnight!</b></p>	<p><b>Begin clear liquid diet. No solid foods today. Red, purple or orange colored liquids are not allowed. You may have small amounts of coffee or tea without cream.</b></p> <p>Drink at least four 8oz glasses of water throughout the day.</p>  <p><b>6pm:</b> Drink one 10oz bottle of Magnesium citrate. This can be diluted with clear lemon/lime soda or juice. Drink at least an additional 5 8oz glasses of clear liquids.</p> <p><b>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</b></p>	<p><b>6 hours prior to procedure:</b> drink one 10oz bottle of Magnesium citrate AND Dulcolax 10mg. drink at least an additional 5, 8oz glasses of clear liquids. You need to finish 4 hours prior to your procedure.</p> <p><b><u>NOTHING by mouth at least 4 hours prior to your scheduled procedure. time – including gum, tobacco, hard candy/mints!</u></b></p> <p>You may take your essential morning medications with a few small sips of water, <b>at least 4 hours prior to your procedure</b>, unless otherwise directed by your physician.</p> <p><b>You will need:</b> -Insurance Cards -Driver's License/Photo ID -Any co-insurance fees due -A responsible adult driver to drive you home -Referral</p>

You will receive your procedure results via the portal. Visit [www.aagastro.com](http://www.aagastro.com) to sign up today.  
Phone: 410-224-2116 Fax: 410.224.2118

## Milk and dairy



### OK to eat:

- Milk
- Cream
- Hot chocolate
- Buttermilk
- Cheese, including cottage cheese
- Yogurt
- Sour cream

## Bread and grains



### OK to eat:

- Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)
- White rice
- Plain crackers, such as Saltines
- Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)

## Meat



### OK to eat:

- Chicken
- Turkey
- Lamb
- Lean pork
- Veal
- Fish and seafood
- Eggs
- Tofu

## Nuts, nut butter, seeds



### OK to eat:

- Creamy (smooth) peanut or almond butter

## Fats and oils



### OK to eat:

- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

## Soups



### OK to eat:

- Broth, bouillon, consommé, and strained soups
- Milk or cream-based soup, strained

## Legumes



## None allowed

- NO:**
- Dried peas (including split or black-eyed)
  - Dried beans (including kidney, pinto, garbanzo/chickpea)
  - Lentils
  - Any other legume

## Fruits



### OK to eat:

- Fruit juice without pulp
- Applesauce
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots and peaches
- Canned or cooked fruit without seeds or skin
- Raisins or other dried fruit

## Vegetables



### OK for some if cooked or canned:

- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

## Desserts



### OK to eat:

- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O or gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

## Drinks or beverages



### OK to eat:

- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

## Other



### OK to eat:

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

## NO whole grains or high-fiber:

- Brown or wild rice
- Whole grain bread, rolls, pasta, or crackers
- Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)
- Bread or cereal with nuts or seeds

## NO tough meat with gristle

## NO nuts or seeds:

- Nuts including peanuts, almonds, walnuts
- Chunky nut butter
- Seeds such as fennel, sesame, pumpkin, sunflower

## NO salad dressing made with seeds or nuts

## No:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

## NO seeds, skin, membranes; or dried fruit:

- Fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

## NO raw, skin, seeds, peel, or certain other vegetables:

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

## NO:

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

## NO:

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

## NO:

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard