

# *Arlington Gastroenterology Services*

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## **COLONOSCOPY PREP INSTRUCTIONS**

### **MAGNESIUM CITRATE**

If you are scheduled at Medical Center of Arlington you MUST call to schedule pre-op (972)758-6333

#### 7 days prior to procedure

Discontinue all aspirin products at 7 (seven) days prior to procedure

#### 5 days prior to procedure

Discontinue all blood thinners (such as Plavix, Aggrenox, Coumadin, Pletal, etc, at least five days prior to procedure. **Prior to stopping any medications, please contact your PCP or cardiologist for approval. If not approved, please contact our office for instructions.**

#### Day prior to procedure

#### **NO SOLID FOOD ALL DAY PRIOR TO PROCEDURE**

Clear soft drinks, water or Gaterade (lemon-lime only)

Clear soups or boullion

Jello and popsicles (green/yellow only)

No red, orange or purple colors

No coffee, milk or dairy products

It is very important to drink plenty of fluids throughout the day to stay hydrated.

Purchse 3 (three) bottles of Magnesium Citrate at any local pharmacy. (Lemon-lime flavors only, no red or purple)

At 3:00pm, the evening prior to your procedure begin drinking all 3 (three) bottles of Magnesium Citrate until they are consumed.

#### Day of the procedure

Any medication that you have been instructed to take the morning of the procedure can be taken with a small sip of water.

Arrive at the surgery center/hospital at least 1 (one) hour prior to your appointment time.