



Magnesium Citrate Prep

Please Read At least 3 days Prior to Your Test

From any pharmacy or grocery store please buy **OVER THE COUNTER**

- 3 bottles of Magnesium Citrate (not red or purple)
- 10 Dulcolax (bisacodyl) **LAXATIVE** tablets
- 3 large bottles of sports drink (**Gatorade or PowerAde**) (32oz)

Please report to oval registration desk inside the front of Northeast Health System of Tahlequah Hospital for your colonoscopy by Dr. Simpson at (procedure date) on (arrival time given).

Day Before Your Test (day before procedure):

CLEAR LIQUID DIET ONLY the entire day. **No solid food or liquids that you cannot see through.** Clear liquids include water, tea, juice, soda, coffee, popsicles, Jell-O, broth, bullion. **NO MILK or cream.** **No red or dark purple liquids including no red or purple magnesium citrate.**

At **3PM** drink 1 bottle of sports drink

At **5PM** drink 1 bottle of Magnesium Citrate

At **6PM** take 4 Dulcolax (bisacodyl) tablets by mouth then drink 1 bottle of sports drink

At **8PM** drink 1 bottle of Magnesium Citrate

At **9PM** take 4 Dulcolax (bisacodyl) tablets by mouth, then drink 1 bottle of sports drink

DAY OF YOUR TEST (procedure date):

At **(4 hours prior to arrival time)** drink 1 bottle of Magnesium Citrate.

At **(3 hours prior to arrival time)** take 2 dulcolax (biscacodyl) tabs by mouth.

Clear liquid diet until **(2 hours prior to arrival time)** then nothing by mouth including **NO GUM, MINTS, OR SMOKELESS TOBACCO.**

*****PLEASE TAKE BLOOD PRESSURE, HEART, SEIZURE, and BREATHING MEDICINE ON THE MORNING OF YOUR TEST. PLEASE BRING YOUR AS NEEDED INHALERS WITH YOU*****

Please follow instructions on DO and Don't sheet for diabetic medications YOU MUST BRING A DRIVER THAT WILL REMAIN AT THE HOSPITAL WITH YOU AT ALL TIMES. Do not plan on working on the

day of your test. Please brush your teeth the morning of the test but do not swallow the toothpaste.

Please remove or bring solution to remove contact lenses prior to procedure.

Please call the office at 918-207-0025 if: you take or believe you may be taking a blood thinner, if you have questions concerning your procedure ask for Tracy, RN or Sheri, LPN, or if you need to reschedule ask for Kristal