

DIGESTIVE DISEASE SPECIALISTS

MAGNESIUM CITRATE/MIRALAX PREP

Date of procedure: _____

*The facility will call you with an arrival time the day before your procedure around noon.

Your procedure will be done at the following location:

| | | |
|-------------------|-------------------|----------------------------------|
| Gadsden Endoscopy | Gadsden Regional | Gadsden Surgery Center |
| 820 Building | 1007 Goodyear Ave | 418 South 5 th Street |
| 256-492-4284 | 256-494-4462 | 256-543-1253 |

DO NOT TAKE FISH OIL FOR 7 DAYS

DO NOT TAKE IRON FOR 3 DAYS

DO NOT TAKE ASPIRIN PRODUCTS FOR 1 DAY

DO NOT TAKE COUMADIN, PLAVIX, OR XARELTO FOR 2 DAYS

**If you take diabetic medication, only take half of your regular dose on the day of your prep.*

You will need to purchase two bottles of Magnesium Citrate and 1, 32oz Gatorade. You will also need to fill your prescription for the 255gm bottle of Miralax and the 3 Dulcolax laxative tablets.

CLEAR LIQUID DIET ONLY ON THE DAY BEFORE PROCEDURE

(clear broth, bouillon, tea, coffee kool-aid, carbonated drinks, apple/white grape juice, popsicles, jello)

At **9pm** two nights before your procedure take 3 dulcolax laxative tablets.

At **8am** the day before your procedure, drink one bottle of magnesium citrate.

At **4pm** the day before your procedure, mix the 255 gm bottle of Miralax into the 32oz Gatorade and drink over one to two hours' time.

At **10pm** the night before your procedure, drink a bottle of magnesium citrate. Then, do not drink anymore until after the procedure.

YOU MUST HAVE A DRIVER!

On the day of your procedure:

1. Do not eat or drink anything after midnight the night before your procedure.
2. You may take your blood pressure medication, or heart medication, with a sip of water before you leave home.
3. Do not take any insulin or any diabetic medication the morning of your procedure.
4. You must be accompanied by an adult to the procedure that can stay the entire time and drive you home afterwards.
5. If your bowel movements are not clear, please notify the nurse immediately when you arrive for your procedure.
6. No chewing gum, chewing tobacco, mints, or smoking.

If you have any questions, please do not hesitate to call our office!

Phone number: (256) 492-3220 Ext. 104 or Ext. 110

Please ask to speak with Kim or Nancy.