MAGNESIUM CITRATE PREP FOR COLONOSCOPY – SPLIT DOSE PREP:

CLEAR FLUIDS ONLY THE ENTIRE DAY BEFORE YOUR COLONOSCOPY.

You can have Slice, Sprite, water, ginger ale, 7-Up, chicken broth, lemon and lime jello and ice pops – nothing RED in color. The more clear fluids you drink, the better the prep will be. No nuts, seeds or pulp 3 days prior.

You will need to purchase two (2) 10 ounce bottles of CITRATE OF MAGNESIA – it must be a clear flavor, nothing red. The prep is available over the counter at any grocery store, pharmacy, Target etc.

DRINK THE FIRST BOTTLE at 4PM the day before your colonoscopy. You can continue to have clear liquids up until midnight.

DRINK THE SECOND BOTTLE at 4AM the day of your colonoscopy.

NOTHING BY MOUTH AFTER MIDNIGHT except the 2nd dose.

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

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

DAY OF COLONOSCOPY – NOTHING BY MOUTH EXCEPT THE 2nd dose.

No painkillers, sedatives or alcohol in any form.

If you take OZEMPIC, WEGOVY or MOUNJARO – HOLD meds for ONE WEEK prior to procedure.

You CAN take your blood pressure, cardiac, seizure and thyroid medications by 7 a.m. the day of the procedure, with just enough water to swallow them.