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MAGNESIUM CITRATE BOWEL PREPARATION INSTRUCTIONS

FOR THE ENTIRE DAY BEFORE THE EXAM

Clear liquids only, which include the following:

- Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc.) Gatorade, Kool-Aid, Propel
- Strained fruit juices **without pulp** (apple, white grape, lemonade, etc.)
- Water, tea coffee (**no milk or non-dairy creamer**)
- Low-sodium chicken or beef bouillon/broth (Swanson broth is very good)
- Hard candies
- Jell-O (lemon, lime, orange, peach, or melon fusion **no fruit toppings**)
- Popsicles (no sherbets or fruit bars) Italian ice
- **NO NOT DRINK ANTHING COLORED RED OR PURPLE**

HOW TO TAKE MAGNESIUM CITRATE

Purchase two 10oz bottles of **Magnesium Citrate** (Clear bottle or green, **not the red or purple bottle**) and four 5mg Dulcolax laxative pills (or the generic **bisacodyl**).
DO NOT BUY THE DULCOLAX STOOL SOFTENERS BY MISTAKE.

- At **2:00 pm** the **AFTERNOON BEFORE YOUR EXAM** take the four **Dulcolax** pills (or the generic **bisacodyl**) with an 8oz glass of any clear liquid. Continue on your clear liquid diet. Dulcolax is a laxative and will usually begin to work in 3 – 6 hours so plan accordingly.
- At **6:00 pm** on the **EVENING BEFORE YOUR EXAM** drink your **first** full bottle of **Magnesium Citrate** followed by 8oz of any clear liquid. You may drink all the clear liquids you desire after the evening dose. Please drink enough clear liquids to prevent dehydration.
- The **MORNING OF YOUR EXAM** - At least **4 hours before you leave your house** drink your **second** full bottle of **Magnesium Citrate** with at least one to two 8oz glasses of a clear liquid. However, you **MUST NOT DRINK ANYTHING for 4 hours before your scheduled procedure time, except for a few sips of water necessary to take any prescription medicines we instructed you to take that morning (eg. Blood pressure medicines)**. An empty stomach will minimize the risk of aspiration associated with anesthesia.

Individual response to laxatives varies. These preps sometimes work within 30 minutes, but it may take as long as four hours to begin working. Remain close to a toilet as multiple urgent bowel movements will occur.

NOTE: The area around your rectum may become sore from all the bowel movements. To minimize this discomfort, use a flushable moist wipe instead of dry toilet paper. Wipes are sold with the toilet paper in supermarkets. You can also apply petroleum jelly or Desitin ointment to this area between bowel movements.

PLEASE CALL OUR OFFICE AT LEAST 1 WEEK BEFORE YOUR SCHEDULED PROCEDURE IF YOU HAVE ANY QUESTIONS ABOUT THE PREP OR MEDICATIONS