

**Citrate
COLON PREP**

Medications: If you take Aspirin, Plavix, Coumadin, Lovenox, Vitamin E, Multi-Vitamin, Iron, Herbal Supplements, Ibuprofen, Advil, Celebrex, Naprosyn, Pletal, Relafan, Persantine (Dipyridamole), Aleve, Diet Pills or other blood thinners on a regular basis you will need to **STOP** taking these on _____. You may take all your other Regular medications like normal. You may take Tylenol if needed for any reason.

- Diabetics, if you are on insulin/pills please take only ½ your morning dose the day before procedure and no more until after the procedure. Make sure to have a majority of liquids and popsicles with sugar so that your sugar does not drop because you are not eating solid foods.
- If you have an artificial heart valve please let us know prior to the test and on day of test before procedure begins.

Obtain from Pharmacy: (2) 10 oz. Bottles of Citrate of Magnesia (Magnesium Citrate)
(1) box of Dulcolax tablets (at least 6 tablets)
(1) tube of A&D ointment (suggestion only)

*** If you are scheduled at the NPR Surgery Center call 848-0446 between 1-5 PM one business day before your appt. to obtain your arrival time.**

Two Days before Procedure: _____ Take (2) Dulcolax tablets at 7PM.

Day Before your Procedure: _____

You will be on **clear liquids** today. Below is a list of things that you may have. You can have unlimited quantities of these liquids: **NO JELLO**

Tea or Coffee (no milk)

Chicken or Beef Bouillon

Gatorade (no red)

Water

Soda (any flavor)

Popsicles (no red)

Juice (Apple, Grape, Cranberry-all types)

At **3:00 PM** drink one bottle of Citrate of Magnesia. Drink this solution **very slowly** or it could make you sick to your stomach. After finishing the whole bottle make sure to drink at least 4 full glasses of any **clear liquid from the above list** over the next 2-3 hours or you could become dehydrated.

At **6:00 PM** drink second bottle of Citrate of Magnesia. Again, drink **very slowly** and follow with at least 4 glasses of any **clear liquid from the above list**.

At **10:00 PM** take 4 Dulcolax tablets.

Nothing more to drink after Midnight tonight.

You may experience some abdominal cramping, nausea vomiting or rectal bleeding. These are normal symptoms from the Citrate of Magnesia. **Please do not panic.**

Day of your Procedure: _____ **AT:** _____

- Do not have anything to eat or drink until after your procedure.
- Take only your heart and blood pressure pills at **6:00 AM** with sip of water.
- Please arrange transportation home. No taxi-cabs unless you are accompanied by someone.
- If scheduled at the Surgery Center, take your copy of Patients Rights and Responsibilities with you.
- If not appointment is given below, please call your primary care physician for a follow-up appointment. If Dr. Patel tells you that no follow-up is necessary please call the office to cancel your appointment listed below.
- **In-Office follow-up appointment:** _____