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## DULCOLAX/MAGNESIUM CITRATE PREP

**PLEASE READ THE PREP INSTRUCTIONS NOW TO KNOW THE STEPS  
WELL AHEAD OF THE PROCEDURE DATE.**

Your Procedure is scheduled on: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

You need to arrive at: \_\_\_\_\_

The Procedure will be performed at the facility selected below:

- The Endoscopy Center of Delaware  
1090 Old Churchmans Rd.  
Newark, DE 19711  
302-892-2710
- Limestone Surgery Center  
1941 Limestone Rd, Suite 107  
Wilmington, DE 19808  
302-633-9873
- Christiana Hospital GI Lab, Station 5,  
4755 Ogletown Stanton Rd.  
Newark, DE 19711  
302-733-1400

### **YOU NEED TO BUY THE FOLLOWING ITEMS:**

- o **DUCOLAX LAXATIVE TABLETS** at your local pharmacy available over the counter (not suppository or stool softener and you will need 4 tablets for the prep).
- o **TWO BOTTLES OF MAGNESIUM CITRATE**, 10 oz at your local pharmacy available over the counter near laxative section.

**\*PLEASE BE AWARE THAT ANY PROCEDURE CANCELLATION MUST BE DONE AT LEAST 72 BUSINESS HOURS PRIOR TO PROCEDURE OR PATIENT WILL BE SUBJECT TO A CANCELLATION FEE...**

## **HIGHLIGHTS OF THE MAGNESIUM CITRATE PREP**

### **Details of the Prep**

#### **One Week before procedure:**

Stop taking the following Medications:

- BRILLINTA, EFFIENT, TICLODIPINE, XARELTO, PLAVIX, COUMADI- 4 DAYS PRIOR TO YOUR PROCEDURE (only if your Cardiologist or Primary Care Physician approves)
- PRADAXA, AGGRENOX, AGRILYN, PERSANTINE, DIPYRIDAMOLE, PLETAL - 2 DAYS PRIOR TO YOUR PROCEDURE (only if your Cardiologist or Primary Care Physician approves)

#### **2 days before exam:**

Avoid high-residue foods: Avoid all Fruits (fresh & dried), Vegetables, Seeds, Nuts, Cloves, Marmalade

#### **1 day before exam: Prep Day**

Beginning with breakfast, you may only have clear liquids by mouth (see Clear Liquid list below). Drink as many clear liquids as you want. Drink only clear liquids for breakfast, lunch, dinner, and any between. Do not eat any solid foods. Drink plenty of liquids to avoid dehydration and to make the laxative work better. Please avoid red liquids (examples, red Jell-O® or cranberry juice) and anything containing red dye.

#### **Clear Liquids:**

- Gatorade®, Powerade® (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Broth from a can
- Jell-O®, Popsicles® (no fruit or cream added)
- Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, or prune juice)
- Soda such as Sprite®, 7-Up®, ginger ale, or any cola
- Clear hard candy, gum
- Lemonade (with no pulp), iced tea
- Avoid all red liquids

### Detailed Instructions

#### Upon Awakening (one day before the test)

Begin taking Clear liquids only by mouth for Breakfast, Lunch, Dinner, and Snacks (see above list). No solid food.

#### 12:00pm

TAKE 4 DULCOLAX TABLETS WITH CLEAR LIQUIDS

#### 7:00pm

DRINK 1 ENTIRE BOTTLE OF MAGNESIUM CITRATE (CHILLED OR ON ICE)  
FOLLOW WITH 8 OZ. OF CLEAR LIQUIDS

#### 5 Hours before your arrival time @

DRINK 1 ENTIRE BOTTLE OF MAGNESIUM CITRATE (CHILLED OR ON ICE)

Nothing by mouth once the second bottle of Magnesium Citrate has been consumed.

#### **Helpful tips:**

- Many have found that drinking the prep over ice improves tolerance.
- Use baby wipes instead of toilet paper.
- This prep often starts working within 30 minutes after drinking your first bottle of Magnesium Citrate. Remain close to toilet facilities as multiple bowel movements may occur.

#### **Diabetic patients:**

- **Important:** Please contact your doctor to be sure this prep is appropriate for you.
- Hold your diabetic medication the morning of the test
- Use sugar free drinks for liquids (like crystal light) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar).

**A Colonoscopy is a test that examines the inside of your large intestines or the Colon. The most common reason for a colonoscopy is to look for colon polyps or Colon cancer. Before a colonoscopy can be performed, you must take medications for a complete Bowel Cleansing. Your colon must be completely empty for the colonoscopy to be thorough and safe. A colonoscopy is the best method (95%) to find and remove polyps.**

Please inform us before you schedule the procedure if you have any of the following:

- Have an internal defibrillator/ Pacemaker
- Latex allergy
- Take Coumadin or Plavix
- Are on home oxygen



**\*\*\*\*\*REMEMBER\*\*\*\*\***

• **YOU MUST HAVE A RIDE AFTER THE PROCEDURE.** Going in a taxi or bus by yourself will not be allowed. **YOU WILL BE UNDER MILD SEDATION, A DRIVER IS A MUST OR YOUR PROCEDURE WILL BE CANCELED.**

• **HAVE A CLEAR LIQUID DIET THE DAY BEFORE THE TEST.** Drink plenty of Fluids!

**A colonoscopy preparation can cause dehydration and loss of electrolytes if you do not!**

If you have any questions or concerns please feel free to call our office.