

## **3 Bottles of Magnesium Citrate**

**Dr. King** has recommended you use a **Magnesium Citrate** laxative solution to prepare for your procedure. Magnesium Citrate does not require a prescription and is readily available at your pharmacy.

If you are diabetic or take blood thinners or have had major health changes within the last 12 months, you must discuss medications and medical clearances with the Pre-Op Nurse 410-224-3636 ext. 496. If you are unable to reach her, please speak with someone from the front office staff, 410-224-3636.

### **Procedure Prep Time Line**

#### **2 Weeks (14 days) Before Your Procedure:**

**Discontinue Phentermine or any medication containing Phentermine**, such as: Qysimia, Qnexa, Adipex-P, Suprenze, Fastin, Phentercot

#### **1 week (7 days) Before Your Procedure:**

**Begin a low fiber diet.** Avoid fish oil, corn, seeds, nuts and popcorn

**Discontinue the following prescriptions and over the counter medications:** Iron Supplements, vitamins, minerals, herbal supplements and fiber supplements (e.g. Metamucil, Citrucel, Fibercon, etc)

#### **3 Days Before Your Procedure: (Unless otherwise instructed)**

**Stop blood thinners** (e.g. Plavix, Coumadin, Pradaxa, Xarelto, and Eliquis)

**Stop using all aspirin and aspirin products** (Ibuprofen, Advil, Motrin, Naproxen, Aleve, Celebrex.) You may take Tylenol as needed.

#### **The Day Before your Procedure, ALL DAY:**

##### **DO**

**Begin a clear liquid diet.** Examples of clear liquids include: water, clear broth, apple juice, white grape juice, clear soda, frozen juice bars, coffee or tea– no cream or sugar.

**Drink 6-8 glasses of water** throughout the day.

**Stop all Aminosalicylates** (Colazal, Asacol, Canasa, Rowasa, Dipentume, Azulfidine, etc.)

## **DO NOT**

**Eat solid food**

**Drink alcohol** – even if it's clear

**Drink or eat anything that is red, blue or purple**

**At 10am the day before your procedure: Drink your first bottle of magnesium citrate**

**At 2pm the date before your procedure: Drink your second bottle of magnesium citrate**

**At 6pm the day before your procedure: Drink your third bottle of magnesium citrate**

Your prep will be complete when your stool is light yellow to clear in color with no solid particles. If not, please call the pre-op assistant at 410-224-3636 ext. 496 for further instructions.

### **The Day of Your Procedure**

You are not allowed to eat anything after midnight. You can drink your prep solution and water up until 4 hours prior to your procedure. No chewing gum, throat lozenges, candy or mints either. **EXCEPTION:** You may take your approved medications with a small sip of water.

### **Reminders:**

You must have a driver to take you home after your procedure. A taxi or shuttle service is not approved without a family member or friend. Public transportation or walking is not allowed. If you do not arrive with a caretaker, your procedure will be rescheduled and you may be charged a \$100 rescheduling fee.

Please bring your blood pressure medicine with you to your procedure

**If you have any questions about your prep,  
please call 410-224-3636 ext. 496.**