

**MAGNESIUM CITRATE
PREPARATION FOR ILEOSCOPY**

Please read these instructions carefully and call the office if you have any questions

PURCHASE AT THE PHARMACY:

1 Bottle of Magnesium Citrate (10 ounces)

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- All aspirin and anti-inflammatory medications including ibuprofen, motrin, aleve, naproxyn, naprosyn, sulindac, piroxicam, feldene, indomethacin, diclofenac, and voltaren **are to be continued**. Tylenol (acetaminophen) is also safe to continue.
- If you are taking coumadin, plavix (clopidogrel) or other blood thinners please contact our office to determine if and when you need to stop these medications
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds
- If you are diabetic and use insulin, please contact our office for insulin instructions
- PLEASE call our office if you have any questions about which medications you should or should not take

ONE DAY PRIOR TO YOUR PROCEDURE:

- Take only clear liquids by mouth. This includes clear juices (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, jello, Popsicles
- Avoid red drinks, red jello, and dairy products
- Consume large amounts of fluids to avoid hunger and dehydration
- Drink 1 bottle of Magnesium Citrate between 5 p.m. and 7 p.m. This is a laxative preparation designed to clean out your small bowel
- You may continue consuming clear liquids until 4 hours prior to your procedure

THE DAY OF THE PROCEDURE:

- DO NOT drink or eat anything by mouth for 4 hours prior to your procedure except medications (see below)
- Take your usual prescribed medications with small sips of water. If you are on anti-inflammatory medications or blood thinners please see instructions above.

Please bring a list of your current medications and correct dosage to your appointment

NO DRIVING – Because of the sedatives that you will be given **you cannot drive for the remainder of the day**. You may use a taxi after the procedure. You must have someone present to drive you home after the procedure or we may cancel your exam.

We cannot be responsible for your valuables. Please leave them at home.

You are scheduled with Dr. _____

Report at _____ on _____ to:

- _____ Boise Endoscopy Center, 425 West Bannock Street, Boise
- _____ Meridian Endoscopy Center, 2235 East Gala Street, Meridian
- _____ St. Luke's Boise Regional Medical Center, 190 E. Bannock Street, Boise
(Main hospital entrance. Out-patient Registration)
- _____ St. Luke's Meridian Medical Center, 520 S. Eagle Road, Meridian
(Eagle Road entrance. Out-patient Registration)
- _____ St. Luke's Nampa Medical Center, 9850 W. St. Luke's Drive, Nampa
(Main hospital entrance. Out-patient Registration)

Please check with your insurance company regarding pre-certification. Bring all insurance cards with you.

For questions, call 343-6458 for the Boise office or 887-3724 for the Meridian office.