

West Georgia Gastroenterology
Mag Citrate/Sorbitol Preparation Sheet for Colonoscopy

Your colonoscopy will be done at _____. You must report at _____ am/pm.

Your colonoscopy is scheduled for _____ at _____ AM/PM.

Your driver must stay at the Procedure Center during your entire visit, or your procedure WILL BE rescheduled. After the procedure you will not be able to drive or work the remainder of the day. Please expect to be at the procedure center for 2 to 4 hours.

1.) Go to your drugstore and ask the pharmacist for one bottle of Magnesium Citrate, sorbitol, and one Fleet enema.

2.) Start a clear liquid diet on _____, the day before your procedure.

Clear Liquid Diet

TEA – no cream	BOUILLION CUBES
COFFEE – no cream	SPRITE
JELLO – not red	7-UP
GINGERALE	FRUIT POPSICLES (not red)
GATORADE (not red)	LIFESAVERS – not red
CRYSTAL LIGHT DRINKS (not red)	APPLE JUICE
CRANBERRY JUICE	KOOLAID – not red

3.) At 3:00PM _____, take one bottle of Magnesium Citrate.

4.) At 6:00PM _____, take two tablespoons of sorbitol, followed by 8 ounces of water. Repeat at 8:00PM and 10:00PM (total of 6 tablespoons of sorbitol and three 8-ounce glasses of water).

5.) You must not have anything by mouth after midnight on _____.
(This includes gum, hard candy and/or tobacco products.)

6.) Give yourself one fleet enema the morning of the procedure, one hour before going to the hospital. (Please Note: Fleet markets two different types of enemas – a saline enema and an enema with mineral oil. Please **DO NOT use the enema with mineral oil** before your procedure.)

7.) Please take your regular medications the morning of the test with a sip of water, with the following exceptions:

PLEASE STOP ASPIRIN 1 DAY BEFORE THE TEST _____.

PLEASE STOP COUMADIN AND PLAVIX 5 DAYS BEFORE THE TEST _____.

IF YOU TAKE INSULIN, TAKE HALF OF YOUR REGULAR DOSE THE EVENING BEFORE AND THE MORNING OF THE TEST.

IF YOU TAKE DIABETIC MEDICATION BY MOUTH, PLEASE DO NOT TAKE YOUR MEDICATION THE MORNING OF THE TEST.

Please call our office with any questions: 770-214-2800.

Due to limited space in our waiting area, we ask that you bring no more than 2 people with you. Thank you!