



# Magnesium Citrate Bowel Preparation

General Instructions	
2 Weeks Before the Procedure	
<b>Foods</b>	No change
<b>Liquids</b>	Drink plenty of water
<b>Medications</b>	<p>Hold - GLP1 Agonist Medication:</p> <ul style="list-style-type: none"><li>• Dulaglutide (Trulicity)</li><li>• Exenatide (Byetta)</li><li>• Exenatide Extended Release (Bydureon BCise)</li><li>• Liraglutide (Victoza)</li><li>• Lixisenatide (Adlyxin)</li><li>• Semaglutide (Ozempic, Wegovy, Rybelsus)</li><li>• Tirzepatide (Mounjaro)</li></ul>



<b>1 Week Before the Procedure</b>	
<b>Foods</b>	<p>No Nuts or Seeds - berries, cashews, corn nuts, peanuts, pecans, popcorn, walnuts</p> <p>Low Fiber Diet</p> <ul style="list-style-type: none"><li>• Foods - white bread, cheese, eggs, yogurt</li><li>• Soups - clear vegetable, chicken or beef broth</li><li>• Vegetables - cooked without skin like mashed potatoes</li><li>• Fruits - pureed fruits without skin like applesauce</li></ul>
<b>Liquids</b>	<p>Drink plenty of water</p>
<b>Medications</b>	<ul style="list-style-type: none"><li>• Take as usual unless otherwise instructed</li><li>• Hold - Anti-Diarrheal Medication - Imodium, Kaopectate, Pepto-Bismol</li><li>• Hold - Iron Tablets</li><li>• Hold - Multivitamins</li><li>• Pharmacy<ul style="list-style-type: none"><li>○ Fill or buy preparation medication</li><li>○ Pick up 3 days before your procedure</li></ul></li></ul>



<b>1 Day Before the Procedure</b>	
<b>Foods</b>	<ul style="list-style-type: none"><li>• Clear Liquid Diet</li><li>• Soups - clear vegetable, chicken or beef broth</li><li>• Juices - clear only without pulp</li></ul>
<b>Liquids</b>	<ul style="list-style-type: none"><li>• Drink plenty of water</li><li>• No alcohol</li><li>• No red or purple colored drinks</li></ul>
<b>Medications</b>	<ul style="list-style-type: none"><li>• Hold - Oral Diabetes Medication</li><li>• Insulin - Take ½ the dose the entire day</li><li>• Blood Pressure Medication - The pre-anesthesia team (PAT) will instruct you on how to take your blood pressure medications.</li><li>• All other medications - continue as normal</li></ul>
<b>Procedure Day</b>	
<b>Foods</b>	No food or liquids the day of the procedure



<b>Medication Instructions</b>	
<b>Attention</b>	
<b>Expected Symptoms</b> <b>Do not stop the bowel preparation</b>	<ul style="list-style-type: none"><li>• Abdominal Pain</li><li>• Bloating</li><li>• Cramps</li><li>• Diarrhea</li><li>• Gas</li><li>• Nausea</li></ul>
<b>First Dosage → 4pm – 6pm</b>	
<b>Step 1</b> <b>4pm – 5pm</b>	Drink 1st 10 ounce bottle of Magnesium Citrate
<b>Step 2</b> <b>5pm – 6pm</b>	Drink 16 ounces of water
<b>Second Dosage → 10pm – 12am</b>	
<b>Step 1</b> <b>10pm – 11pm</b>	Drink 2nd 10 ounce bottle of Magnesium Citrate
<b>Step 2</b> <b>11pm – 12am</b>	Drink 16 ounces of water
<b>12am</b>	
<b>Foods</b>	No food or liquids after midnight