



Magnesium Citrate Sorbitol Simethicone Prep Instructions

Please read these instructions thoroughly and contact our office by phone or gPortal if you have any questions.
STOP DRINKING ALL LIQUIDS THREE (3) HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME OR YOUR PROCEDURE MAY BE DELAYED.

1. YOU WILL NEED TO PURCHASE FROM YOUR PHARMACY:

- *ONE 10 OUNCE BOTTLE MAGNESIUM CITRATE (no red or purple)
- *ONE 100ML BOTTLE OF SORTIBOL (these will be sent to your pharmacy on file as a prescription)
- *1 BOTTLE OF SIMETHICONE (Infant gas relief drops, purchased over the counter)

2. TWO WEEKS PRIOR TO YOUR PROCEDURE:

Hold all WEIGHT LOSS supplements-over the counter and/or prescribed (i.e. phentermine)

3. ONE WEEK PRIOR TO YOUR PROCEDURE:

- Stop taking any medication containing iron and/or iron supplements, Fish Oil, Vitamin E, and/or any other oily vitamin
- Stop taking any Advil or NSAIDS (Aleve, Motrin, Advil, Naproxen, Mobic, etc.) (You may continue to take daily aspirin if needed for a medical condition)
- Avoid alcohol consumption and food items such as popcorn, seeds, and nuts (Try to maintain a low fibrous diet)

4. THE DAY BEFORE YOUR PROCEDURE:

- **CLEAR LIQUID DIET ONLY**
- Drink ONLY the clear liquids on the approved list below (see page 2)
- It is VERY IMPORTANT to drink plenty approved clear liquids during the entire bowel prep process to ensure a successful exam. A clean colon is an absolute necessity. Any residual stool can make recognition and/or removal of abnormal tissue difficult, if not impossible.
- NO RED or PURPLE food or drinks – Avoid cherry, strawberry, fruit punch, etc.
- **At 1:00pm, drink one 10 oz bottle of Magnesium Citrate.**

IF YOUR BOWELS TEND TO BE CONSTIPATED, PLEASE TAKE 3 DULCOLAX TABLETS AT 6:00PM

5. DAY OF PROCEDURE:

- **Take Sorbitol DOSE 1 FIVE (5) HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME:** Mix 1/2 bottle (50ml) of Sorbitol in 8 ounces of clear liquid of your choice and drink the entire 8 ounces. Sorbitol is very sweet. We recommend mixing with an unsweetened clear liquid, such as coffee or tea without sugar or cream. Sorbitol works very quickly, so please make sure you are close to a restroom.
- After you have finished drinking the Sorbitol mixture, immediately begin drinking 12-16oz of additional clear liquids.
- **Take Sorbitol DOSE 2 APPROXIMATELY ONE (1) HOUR AFTER YOUR FIRST SORBITOL DOSE:** Repeat step above with the second half (50ml) of Sorbitol and add in 3-5 drops of simethicone (gas relief drops).
- Continue to drink clear liquids until your bowels are a yellow to clear, watery consistency.
- **STOP DRINKING ALL LIQUIDS THREE (3) HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME!**

6. LIQUIDS APPROVED TO DRINK DURING CLEAR LIQUID ONLY DIET:

- Coffee (NO milk, liquid or powdered creamer)
- Tea
- Apple Juice
- Clear soda (Ginger Ale, Sprite, 7 Up, Sierra Mist)
- Fat Free Broth or Bouillon
- Water
- Kool-Aid (NO red or purple)
- Gatorade
- Jell-O (NO red, purple, pieces of fruit or vegetables)
- Popsicles (NO red or purple)
- Hard candy (NO red or purple)
- Lemonade or Limeade
- Strained fruit juices (NO PULP)

7. ***** YOU MUST HAVE A RESPONSIBLE PARTY (18 YEARS OF AGE OR OLDER) WITH YOU TO DRIVE YOU HOME. THEY MUST REMAIN AT THE FACILITY FOR THE ENTIRE DURATION OF YOUR PROCEDURE(S). YOU WILL NOT BE ABLE TO DRIVE FOR THE REMAINDER OF THE DAY AFTER YOUR PROCEDURE(S). YOUR PROCEDURE(S) MAY BE DELAYED OR CANCELLED IF YOU DO NOT HAVE TRANSPORTATION.**

- IF YOU PLAN TO USE A CAB SERVICE FOR TRANSPORTATION, IT MUST BE A MEDICAL CAB. YOU CANNOT USE UBER, LYFT, YELLOW TAXI, TARC BUSES, ETC.
- IF YOU HAVE PARTIAL TEETH OR DENTURES, YOU WILL BE REQUIRED TO REMOVE THEM PRIOR TO YOUR PROCEDURE(S).
- NO SMOKING OR SMOKELESS TOBACCO FOR THE ENTIRE DAY OF YOUR PROCEDURE(S).