



Magnesium Citrate PREPARATION

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15205 Cortez Blvd. Brooksville, FL. 34613

Procedure date _____	Arrival time _____	Doctor's office phone (352) 597-7744 Option #2
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1. Taking Your Prep (Split Dose)

Dose 1 — The Day Before _____

- You'll need 2 bottles of magnesium citrate solution (10 oz each, lemon or lime — not cherry/red or grape/purple. Refrigerating the bottles makes them taste better cold.
- Dulcolax: take 2 tablets at 10 AM and then 2 tablets at 12PM. Do not chew or crush them.

Starting at **4 PM**, drink the entire first bottle (10 oz) of magnesium citrate over 15–30 minutes.

- Then drink at least 32 oz (1 liter) of clear liquids over the next 2–3 hours — this replaces fluid the magnesium citrate pulls into your bowel. Good choices: water, Gatorade (not red/purple), clear broth, apple juice.
- Continue drinking clear liquids throughout the evening as tolerated — the more you drink, the better the prep works.

Dose 2 — The Morning Of

Wake up at _____ **AM** 6 hours before your procedure).

- Drink the entire second bottle (10 oz) of magnesium citrate over 15–30 minutes.
- Then drink at least 32 oz (1 liter) of clear liquids over the next 1–2 hours.

Complete all magnesium citrate and fluids, and stop all liquids, at least **3 hours** before your procedure.

Helpful Tips

- Stay near a bathroom — the prep usually starts working within 30 minutes to 3 hours.
- You're done prepping once your stool is clear or light yellow.
- Drinking enough clear liquids is critical with this prep — it pulls water into your colon, and not drinking enough can lead to dehydration. If you feel nauseated, take a short break, then resume drinking.

2. Blood Thinners

Do not stop any blood thinner on your own.

Medication	What To Do
Aspirin (81 or 325 mg)	Heart, stent, or stroke prevention: keep taking it.
Clopidogrel (Plavix)	STOP 5 days before • Stent in last 12 months: don't stop without your cardiologist.
Prasugrel (Effient)	Stop 7 days before. • Recent stent: don't stop without your cardiologist's approval.
Ticagrelor (Brilinta)	Stop 5 days before. • Recent stent: don't stop without your cardiologist's approval.
Warfarin (Coumadin)	Diagnostic/biopsy only: may continue. • Polyp removal expected: stop 5 days before (INR may be checked the day before). • Resume evening of/day after unless told otherwise; bridging usually not needed.
Apixaban (Eliquis)	Stop 2 days before

Rivaroxaban (Xarelto)	Stop 2 days before
Dabigatran (Pradaxa)	Stop 2 days before
Enoxaparin (Lovenox) injections	Stop 24 hours before (skip dose the day before). • Resume the day after unless told otherwise.

3. GLP-1 Medications (Weight Loss / Diabetes Injections)

STOP THE DOSE PRIOR TO THE PROCEDURE: semaglutide (Ozempic, Wegovy, Rybelsus), tirzepatide (Mounjaro, Zepbound), dulaglutide (Trulicity), liraglutide (Victoza, Saxenda), exenatide (Byetta, Bydureon)

4. Other Medications

- Diabetes pills (metformin, glipizide, etc.): Stop the medication the day before and the morning of the procedure.
- Insulin: take 1/3 of your insulin the day prior and NO insulin the morning of the procedure.
- DO NOT STOP: blood pressure, heart, anxiety, seizure, or thyroid medications.
- Iron supplements: stop 5–7 days before — iron can make it harder to see inside your colon.

When to Call Your Doctor's Office

Call if:

- You can't keep the prep down or are vomiting repeatedly
- You have severe belly pain or bloating
- You're unsure about stopping/continuing any medication