MAGNESIUM CITRATE PREP

Procedure Date/Time: ____________________ Registration Time: ________________

Dr. Laurie Haas                      Dr. Kathleen Martin                       Dr. Daniell Hill

Location:

- St. Joseph East Office Park, 160 North Eagle Creek Drive Suite 410, Lexington, KY 40509
- Kentucky Surgery Center, 240 Fountain Court, Lexington, KY 40509
- Gastroenterology Care Center, 160 North Eagle Creek Drive Suite 202, Lexington, KY 40509

Purchase These Items Ahead of Time:
- (3) 10 ounce bottles of Magnesium Citrate
- (3) 16 ounce bottles of Gatorade (no red, blue, or purple)

Prep Day (The day before your Procedure)
Do not eat any solid food this day. Liquids Only.
A clear liquid diet will consist of strained juices, without pulp (apple, white grape, white cranberry, and lemonade) Water, Fat Free chicken/beef broth or bouillon. Coffee/Tea without milk/nondairy creamer. Diet/Regular sodas. Gatorade, 7UP, Sprite, Ginger Ale, Ale8, Vanilla or Banana Ensure. Jell-O, Popsicle, Sherbet. DO NOT HAVE ANY ANYTHING RED, PURPLE, OR BLUE. (These colors can look like blood in the colon and can interfere with a proper diagnosis.)

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<th>First Dose: ______________</th>
<th>Second Dose: ______________</th>
<th>Third Dose: ______________</th>
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**IMPORTANT THINGS TO REMEMBER 10 DAYS BEFORE YOUR COLONOSCOPY**
You MUST stop taking aspirin products and aspirin like products 5-7 days prior to your colonoscopy. Why? These products can prevent your blood from clotting. Aspirin products come under the names of Bayer, Anacin, Ibuprofen, Motrin, Aleve, Naprosyn, and headache powders. You can have TYLENOL.

****PLEASE INFORM OFFICE OF ANY LATEX ALLERGY*****
BLOOD THINNERS: If you are taking blood thinners such as Coumadin, please call the Surgery Coordinator, Jenny Harvey at 859-263-0022 ext: 105 for instructions.

****You must have a licensed driver to drive you home.****
****This does not include public transportation or taxi services.****