

Magnesium Citrate Bowel Preparation

General Instructions

2 Weeks Before the Procedure

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



1 Week Before the Procedure

Foods

No Nuts or Seeds - berries, cashews, corn nuts, peanuts, pecans, popcorn, walnuts

Low Fiber Diet

- Foods - white bread, cheese, eggs, yogurt
- Soups - clear vegetable, chicken or beef broth
- Vegetables - cooked without skin like mashed potatoes
- Fruits - pureed fruits without skin like applesauce

Liquids

Drink plenty of water

Medications

- Take as usual unless otherwise instructed
- Hold - Anti-Diarrheal Medication - Imodium, Kaopectate, Pepto-Bismol
- Hold - Iron Tablets
- Hold - Multivitamins
- Pharmacy
 - Fill or buy preparation medication
 - Pick up 3 days before your procedure



1 Day Before the Procedure

Foods

- Clear Liquid Diet
- Soups - clear vegetable, chicken or beef broth
- Juices - clear only without pulp

Liquids

- Drink plenty of water
- No alcohol
- No red or purple colored drinks

Medications

- Hold - Oral Diabetes Medication
- Insulin - Take ½ the dose the entire day
- Blood Pressure Medication - The pre-anesthesia team (PAT) will instruct you on how to take your blood pressure medications.
- All other medications - continue as normal

Procedure Day

Foods

No food or liquids the day of the procedure



Medication Instruction

Attention

**Expected
Symptoms**
Do not stop the
bowel
preparation

- Abdominal Pain
- Bloating
- Cramps
- Diarrhea
- Gas
- Nausea

First Dosage → 4pm – 6pm

Step 1
4pm – 5pm

Drink 1st 10 ounce bottle of Magnesium Citrate

Step 2
5pm – 6pm

Drink 16 ounces of water

Second Dosage → 10pm – 12am

Step 1
10pm – 11pm

Drink 2nd 10 ounce bottle of Magnesium Citrate

Step 2
11pm – 12am

Drink 16 ounces of water



GastroDoxs
— defenders of the digestive system —

12am

Foods

No food or liquids after midnight