



# 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>



## 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 → 10pm – 12am

**Step 1**  
10pm – 11pm

Drink 1st 10 ounce bottle of Magnesium Citrate

**Step 2**  
11pm – 12am

Drink 16 ounces of water

## Second Dosage → 4am – 6am

**Step 1**  
4am – 5am

Drink 2nd 10 ounce bottle of Magnesium Citrate

**Step 2**  
5am – 6am

Drink 16 ounces of water



**GastroDoxs**  
— defenders of the digestive system —

12am

**Foods**

No food or liquids after midnight except prep solution