

Magnesium Citrate PREP (w/ Miralax - 2 Day Split Dose)

Date: _____ Arrival Time: _____

You will need:

Miralax (238 g/8.3 oz)
64 oz Gatorade or Powerade
Three (3) bottles of magnesium citrate
Six (6) Dulcolax tablets

- Starting 3 Days Prior to Procedure: Avoid eating nuts, popcorn, seeds, fruits, veggies, and leafy greens. You may otherwise continue your normal diet up until 1 day prior to procedure.
- STARTING 2 DAYS PRIOR TO PROCEDURE:
 - 5:00PM – Mix Miralax (238 g/8.3 oz) with 64 oz Gatorade/Powerade. Drink mixture.
- 1 Day Prior to Procedure (before 11AM) (Preparation Day):
 - You may have only 2 cups (total) of the following: Mashed potatoes, scrambled eggs, buttered pasta, or crackers.
 - You will then need to begin a clear liquid diet for the remainder of the day prior to the procedure. Examples: Any kind of strained broth, water, flavored water, any kind of soda, Gatorade/sports drinks, fruit juices (without pulp), black coffee and tea, jello, popsicles. If you can see through it, it is a clear liquid.
 - **At 6:00PM** - Drink the first bottle of magnesium citrate (drink slowly, until finished). Take 2 Dulcolax tablets.
 - **3 hours after the first bottle** - Drink second magnesium citrate bottle, with 2 Dulcolax tablets.
 - **FOLLOW EACH BOTTLE WITH PLENTY OF CLEAR FLUIDS IN ORDER TO REMAIN HYDRATED.**
- Instructions for preparation (Morning of Procedure): (DO NOT chew gum or hard candy, DO NOT smoke or vape.)
 - 8 hours prior to your scheduled arrival time - Drink the third bottle of magnesium citrate, along with your final 2 Dulcolax tablets.
 - NOTE: Remain on clear fluids all the way up until 4 hours prior to your procedure.
 - You may have nothing by mouth within these 4 hours, including water.
- You may take your medications (or bring them with you) **EXCEPT** oral diabetic medications - and take only half (1/2) of your scheduled insulin dosage.
- **Oral medications may be taken with a sip of water, unless otherwise specified by the doctor.**
- If taking Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, Ozempic, Rybelsus, Mounjaro, or Wegovy, **stop 1 day before the surgery if taking daily** or, **if taking weekly, hold the week prior to surgery.**

Arrival Instructions

Report to: Central Mass. Ambulatory Endoscopy Center in the middle of the Center for Digestive Center building (middle door with a black floormat and a sign stating "PROCEDURES ONLY").
Phone #: 978-840-6767

THINGS TO BRING WITH YOU ON THE DAY OF YOUR PROCEDURE

PHOTO ID (EXAMPLE: DRIVER'S LICENSE, PASSPORT)

INSURANCE CARD(S)

MEDICATION LIST

NAME & PHONE NUMBER OF YOUR DRIVER

EMERGENCY CONTACT NAME & PHONE NUMBER

ANY INHALERS YOU USE (IF APPLICABLE)

MASKS ARE OPTIONAL. VACCINATION CARDS ARE NOT REQUIRED.

Driver Instructions

⇒ Drivers cannot wait inside the building.

- You will be contacted at the phone # provided by the patient approximately 2-3 hours after the patient's arrival.
- A recovery nurse will call you about 20 minutes before the patient is ready to be discharged.
- Drive your vehicle up to the overhang on the left side of the building (the BJ's side).
- **Call 978-840-6363 to let the nurse know you arrived.** Remain in your vehicle. The patient will be walked out to the car.

⇒ **You will not be permitted to drive yourself home.** You may use these transport companies if traveling alone: The Butler Did It/Destination Express (978-407-5913) or Flow Transportation Services (978-602-5606). You can only take a cab/Uber/Lyft, MART, or medical transport (paid for by your insurance) if you are accompanied by a family member.

CENTER FOR DIGESTIVE WELLNESS

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