

2-DAY MAGNESIUM CITRATE / GOLYTELY PREP

St. Thomas Medical Group Endoscopy Center

615-250-4108

PATIENT: _____

DATE: _____

LOCATION: **St. Thomas Medical Group Endoscopy Center**

4230 Harding Pike, Suite 400

Nashville, Tennessee 37205

ARRIVAL TIME: _____

- You will be sedated for this procedure. **PLEASE BRING A RESPONSIBLE ADULT WITH YOU.** The responsible party will be expected to stay on the premises for the entire time of your procedure. Your responsible party will be required to drive you home or accompany you until you reach your destination. If a responsible adult is not with you, you will be required to reschedule.
- Total time for your procedure can be anywhere between 1 hour up to 3 ½ hours (depending on previous cases that are being done that day). Please be patient, as every case is different.
- Women: If you could be pregnant or seeing a fertility doctor, please notify our office.
- If your insurance information changes prior to your procedure, please notify our office.
- Appointment cancellations require a 24-hour notice or a charge could be incurred.

SHOPPING LIST:

These items are all over the counter products and can be purchased at ANY pharmacy.

- 1.) Two (2) bottles of Magnesium Citrate (NOT the cherry flavored)
- 2.) Prescription of Golytely (PEG 3350-KC1-Na Bicarb-Na C1 420 gm solution)
- 3.) Clear liquids for your 2 day diet.

CLEAR LIQUID EXAMPLES:

You may have as much of these as you want the day of the prep.

- | | |
|------------------------------------|------------------------|
| 1. Gatorade (NOT RED) | 5. Coffee (NO CREAMER) |
| 2. Tea or Water | 6. Broth or Bouillon |
| 3. Soft drinks (Sprite, 7up, etc) | 7. Jello (NO RED) |
| 4. Juice (Apple, White Grape, etc) | 8. Popsicles (NO RED) |

STOP EATING RAW FRUITS & VEGETABLES OR ANY FOOD WITH SEEDS 3DAYS PRIOR TO YOUR EXAM.

DAY 1 PREP: _____

- * Eat a normal breakfast
- * After Breakfast begin clear liquid diet
- * 5 pm Drink 2 bottles of Magnesium Citrate

DAY 2 PREP: _____

- * Continue Clear Liquid Diet for the entire day
- * Begin drinking your prepared mixture (Prescription prep)
- * Drink the entire mixture at your own pace, finish by midnight
- * Nothing by mouth after midnight or at least 6 hours prior to your procedure.

Please carefully read the sheet titled "About your Medication" (page 5 in your packet).

Please follow any or all of the instructions that apply to your specific medical needs and medications.