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PRACTICE LIMITED TO GASTROENTEROLOGY AND LIVER DISEASE

FAQS ABOUT MAGNESIUM CITRATE COLONOSCOPY PREP

1) I just vomited the solution, what do I do?

Answer: Take a break for an hour. Walk around. Then resume the preparation. This is common and usually does not affect the outcome of the preparation even if it feels like a lot of volume came up. Anti-nausea medications have side effects, so generally not used during the preparation. You can take an extra 5 ounces of the solution before going to bed (1/2 bottle) – this will still leave you enough for the morning dose.

2) I feel cold, shivery, sweaty and nauseated. I have some lower abdominal cramping after starting the solution and pills. Is this normal?

Answer: People often compare the experience of the preparation to getting the flu or a stomach bug. Taking warm, clear liquids with electrolytes (such as broth) can often help. It is recommended that you have someone with you during the preparation to help and support you. If symptoms do not improve over time, are severe, or fever, heart palpitations, chest pain, dizziness or other associated symptoms develop, seek your closest emergency department.

3) It's getting late, nothing has happened. Will I be prepped?

Answer: There is always a risk that the preparation will not work even if it feels like it is working. The preparation is different every time for every person. Some start to have diarrhea immediately and some don't start until the middle of the night. You can take an extra 5 ounces (1/2 bottle before bed). Then follow directions as written and go to bed per your routine. Take the morning dose as recommended. If you have had no stool or only solid formed or semi-formed stool after this, call the office at 8:30am to reschedule the procedure and arrange a meeting with a doctor to review the preparation. If there is liquid stool but still brown-tinged, generally the procedure can be performed but you should report this to a nurse upon arrival to endoscopy.

4) Was I supposed to stop my medications?

Answer: most medications can be taken as scheduled. On the day of the procedure, you can take medications with small sips of water only.

- a) There are special instructions for insulin and blood thinning medications which need to be reviewed with the providers and staff during office hours before the procedure. Do not adjust these on your own.
- b) It is generally recommended to hold medications like iron and anti-diarrheals a few days before procedure just to give the preparation its best chance at working
- c) If not absolutely necessary, avoid medications like Advil, Aleve, Excedrin, Ibuprofen on the day of the procedure only. Do not stop aspirin ever if prescribed by a physician.

5) I forgot to avoid nuts and seeds, etc. 2 days before the procedure. Can it still be done?

Answer: this recommendation is designed to help the preparation, however if not done, most people are still able to get cleaned out if they take the preparation. If you are worried, you can reschedule by calling the office during business hours.

6) I accidentally ate red jello/drank red liquid. What do I do?

Answer: inform your nurse upon arrival. As long as the doctor is aware, this will not compromise your exam.

7) I accidentally ate a full dinner and am supposed to have my procedure tomorrow. What do I do?

Answer: You can call and re-schedule during business hours the next day. You do not need to show up for your procedure to do this, even if your procedure was early in the morning (you will not be charged).

8) I am a small person, have been having diarrhea and didn't eat much over the past several days. I always get clear early with my preparations. Should I take less prep?

Answer: No. Prep quantity required is not dependent on any of these factors. Even if you feel you are clear early in the process, you should complete the preparation.

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