Magnesium Citrate Bowel Preparation for Children Having Colonoscopy and/or Endoscopy
For ages 10 year to adult   Age: ____ years

You are scheduled for a colonoscopy/endoscopy in the Pediatric GI Unit located in
the May Johnson Wikstrom Surgical Center at Newton-Wellesley Hospital.

The date of the procedure is: ___7/29/15____
Please arrive at: _____8:40____ (1 hour before the procedure)
The procedure begins at: ________9:40_

PLEASE NOTE THAT ARRIVAL TIME CAN CHANGE DUE TO CANCELLATIONS OR EMERGENCIES. IF TIME IS CHANGED, YOU WILL BE NOTIFIED THE DAY PRIOR TO PROCEDURE

What you need to do BEFORE you start to prepare for your procedure:
  1. Call 1-866-211-6588 to update your registration (if not done within 6 months)
  2. Be sure you have an insurance referral, if required by your insurance company. Please contact your insurance to be sure MGH is in Network with your policy & if you require authorization for your procedure.

Buy at your local drugstore:
  • One 10 ounce bottle of oral Magnesium Citrate
  • One box of Dulcolax tablets
  • One Adult Fleet Enema (your pharmacist may need to order this)
  • Clear liquid drinks from the list below

One day before the colonoscopy: ________
  • Put the Magnesium Citrate in the refrigerator.
  • After breakfast, give your child only clear liquids for the rest of the day (no solid food).
  • In the afternoon (1-5pm), give your child 2 Dulcolax tablets.
  • Next, give your child 10 ounces of Magnesium Citrate.
  • You can give this in a cup on ice and may mix it with clear liquids.
  • Your child should drink all of this in 10-15 minutes.
  • After your child has finished the drink, give them at least 24 ounces of clear liquids over the next several hours.

The day of the colonoscopy: ________
On the day of the procedure, your child may ONLY have clear liquids. Give your child these fluids until: __________.

After this time, do not give your child anything to eat or drink until after the procedure

If your child still has consistently loose stool in the morning, give them an Adult Fleet Enema.

PLEASE CALL YOUR DOCTOR OFFICE TO MAKE A FOLLOW UP APPOINTMENT 2 WEEKS AFTER PROCEDURE.

Clear Liquids
Your child can have any of the items listed below as part of a clear liquid diet. However, do not give your child any liquid that has red food coloring.

Water
Broth
Popcicles (not red)
Apple Juice
White Grape Juice
Ginger Ale
Tea with Lemon (no milk)
Electrolyte replacement drinks such as Pedialyte or Generic Electrolyte Brand (not red)

If your child has trouble with this preparation, or if you have any questions, please call (617) 243-6723.

After 5:00 p.m., call 617-726-8705, and have the Pediatric Gastroenterologist FELLOW paged.

This document has been reviewed for plain language by the staff of the Blum Center.