



MASSACHUSETTS
GENERAL HOSPITAL



Magnesium Citrate Bowel Preparation for 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: _____

Please arrive at: _____ (1 hour before the procedure)

The procedure begins at: _____.

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. If you have an out of state policy contact your insurance to be sure Mass General in network with your policy.

Buy at your local drugstore:

- Two 10 ounce bottles of oral Magnesium Citrate (lemon lime flavor)
- One box of Dulcolax tablets
- One Adult Fleet Enema (your pharmacist may need to order this)
- Clear liquid drinks from the list below

Two days before the colonoscopy: _____

- Put the Magnesium Citrate in the refrigerator.
- In the afternoon (1-5pm), give your child 10 ounces of Magnesium Citrate taken over 10-15 minutes.
- You can give this in a cup on ice, and may mix it with clear liquids.
- After your child has finished the drink, give them at least 24 ounces of clear liquids over the next several hours.
- At bedtime, give your child 2 Dulcolax tablets.



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One day before the colonoscopy: _____

- Give your child a light breakfast, and then clear liquids **ONLY** the rest of the day
- In the afternoon (1-5pm), give your child 2 Dulcolax tablets.
- Next, give your child 10 ounces of Magnesium Citrate taken over 10-15 minutes.
- You can give this in a cup on ice and may mix it with clear liquids.
- 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 stool in the morning, give them **an Adult Fleet enema.**

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

Popsicles (not red)

Apple Juice

White Grape Juice

Ginger Ale

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.