



MASSACHUSETTS
GENERAL HOSPITAL



Magnesium Citrate Bowel Preparation for Children with Constipation Having Colonoscopy and/or Endoscopy

For ages 3 to 10 years Child's 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. 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:

- Two 10 ounce bottles of oral Magnesium Citrate (any flavor)
- One box of Pedi Lax
- One Child 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 7 ounces of Magnesium Citrate.
- You can give this in a cup and may mix it with clear liquids.
- After your child has finished the drink, give them 8 to 24 ounces of clear liquids over the next several hours.
- At bedtime, give your child Pedi Lax as directed on the bottle.



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One day before the colonoscopy: _____

- Give your child a light breakfast (less than usual).
- After breakfast, give your child only clear liquids for the rest of the day (listed below) and no solids.
- In the afternoon (1-5pm), give your child 7 ounces of Magnesium Citrate.
- You can give this in a cup 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 8 to 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 apple juice or water. 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 a **Child 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

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.