

Gastro Health
Gastroenterology Gastrointestinal Endoscopy Hepatology
(239) 939-9939

PREPARATION FOR POUCHOSCOPY
WITH MAGNESIUM CITRATE

You have been scheduled to undergo Pouchoscopy. In order for the examination to be successful, your pouch must be completely cleared of stool. For this reason, you must take a laxative preparation the day before the procedure.

Please follow these instructions carefully. If your pouch is not completely clear, it may interfere with the ability to diagnose your problem and could even require that the test be repeated.

Your procedure is scheduled on: _____
Date

The Facility you are to report to: _____

Please arrive for the procedure at: _____

You must have someone drive you home. You will be unable to drive for 24 hours.

INSTRUCTIONS THE DAY BEFORE THE PROCEDURE IS SCHEDULED:

On _____ **for the entire day before the procedure you may have clear liquids only:**
no solid foods or milk products. Clear liquids are coffee, tea, soda, water, apple/ white grape juice, broth, Jell-O, Gatorade, and popsicles. **NO RED LIQUIDS.** Take only clear liquids all day until you go to bed. Make sure you drink plenty of fluids so you do not become dehydrated.

On _____ at _____ Drink One (1) 10 ounce bottle of Magnesium Citrate.

DO NOT HAVE ANYTHING BY MOUTH AFTER _____

If you are diabetic, take blood thinners or aspirin, heart, or blood pressure medications, please refer to special instructions given to you. Please refrain from smoking the day of the procedure. If you are asthmatic, please bring your inhalers. If you are diabetic, please bring your insulin.

Shopping List:

- Clear liquids (listed above)
- One (1) 10 ounce bottle of Magnesium Citrate

Please call our office if you have any questions about these instructions 239-939-9939