

**Pediatric Gastroenterology
Hepatology & Nutrition**

Magnesium Citrate BOWEL CLEANOUT (fast prep)

In order to adequately view the colon lining, it is important to completely clear the colon of stool. There are two components to this: Cleanout Medications and Diet. You may continue giving your child's regular medications with the exception of iron. Iron should be stopped 3 days before a colonoscopy.

Medication:

Take the following oral medication found at drug stores or supermarkets:

- 1. Magnesium Citrate (which can be purchased in drug stores or supermarkets) as follows the day before the procedure: _____ oz.**
- 2. Ex-Lax/Ducolax: _____ chocolate squares/tablets**

Diet:

Take CLEAR LIQUIDS the day before the procedure.
(NO MILK ALLOWED. See clear liquid suggestions below.)

The clear liquid diet is designed to reduce the stool volume. This includes apple or white grape juice, gelatin (Jello), Pedialyte and Pedialyte Pops, popsicles, tea and clear broth.

Please avoid ingestion of any red drinks as this complicates evaluation of the gut lining during the procedure.

Other medication:

Be sure to stop the oral medicines, drinks and food when you are instructed prior to the procedure for safe sedation. If your child takes anti-seizure medicine, please ask us to clarify when you may give those medicines prior to the procedure.

If your child is unable to complete the bowel preparation or becomes ill (fever, vomiting or respiratory symptoms) within 48 hours of the procedure, please contact our office, as we may need to change to a different bowel preparation, or reschedule the procedure.

**If you have questions, our pediatric gi staff can be reached at:
206-215-6005 or 206-215-2700**