

LIDDC: CITRATE OF MAGNESIA & PREPOPIK INSTRUCTIONS

* FOLLOW THESE INSTRUCTIONS - NOT INSTRUCTIONS IN PREP KIT

A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE: Inform the office (631) 751-8700 IF:

1. You are **diabetic**
2. You are **allergic to latex**
3. You take **blood thinning products** (Coumadin, Plavix, Aggrenox, Pradaxa, Pletal, Brilinta, Ticlid, Trental, Effient, Xarelto, Eliquis).
4. You have a **prosthetic heart valve**, a history of **endocarditis**, **vascular graft**, **prosthetic joint replacement within the last 12 months**. You may need antibiotic coverage for your procedure.
5. Make sure you have a **driver** to take you home after the procedure.

B. ONE WEEK BEFORE YOUR PROCEDURE:

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, advil, motrin, ibuprofen, aleve, naprosyn. You may take Tylenol (acetaminophen).
2. If you are taking aspirin 81 mg/day (baby aspirin) you should CONTINUE this unless otherwise instructed.
3. **Blood work** should be done 7-14 days prior to the procedure. A **pregnancy test** should be done less than **7 days** prior to the procedure if you are a woman of child bearing age.
4. Avoid fruits/vegetables with **seeds**: eg tomatoes, kiwi fruit, caraway, flax, poppy, sesame etc. and corn.

C. TWO DAYS PRIOR TO PROCEDURE:

1. Take one 10 oz. bottle of Citrate of Magnesia at 8 PM.

D. THE DAY BEFORE YOUR PROCEDURE:

1. **DO NOT EAT SOLID FOOD.** Drink **only clear liquids** (liquids you can see through). These should **not be RED or PURPLE**. Examples include: apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, jello, ice popsicles, black coffee, black tea. (sugar or sweetener is allowed – but NO milk/creamer)

2. Drink at least 8 glasses of clear liquid during the day. It is very important that you stay well hydrated.

3. Prepopik instructions:

A complete preparation requires 2 packets of Prepopik for oral solution taken separately, each followed by additional fluids (dosing cup provided). The 2 packets are the same and have the same contents.

a) Prepare the first 5 ounces of solution using a packet of Prepopik and drink this at 6 PM:

- Tear open the packet and dissolve the powder contents in 5 ounces (lower line on the dosing cup) of cold water
- Stir 2-3 minutes
- Drink all of the solution

- b) After drinking the five ounces of Prepopik solution, drink an additional five 8-ounce (upper line of the dosing cup) cups of GATORADE, G-2, OR PEDIALYTE at a rate that is comfortable for you.
- c) If your procedure is scheduled before 10 AM drink the second 5 ounces of solution using the other packet of Prepopik at 10 PM as you did in Step a) above.
- d) If your procedure is scheduled after 10AM drink the second 5 ounces of solution using the other packet of Prepopik 6 hrs before your procedure time as you did in Step a) above.
- e) After drinking the second 5 ounces of Prepopik solution, drink an additional three 8-ounce (upper line on the dosing cup) cups of GATORADE, G-2, OR PEDIALYTE at a rate that is comfortable for you.

- 4. If your procedure is scheduled in the hospital, call the evening before for your arrival time.
 - Mather Hospital 476-2717
 - St Charles Hospital 474-6441

E. THE DAY OF YOUR PROCEDURE: DO NOT EAT ANY FOOD

- 1. Do not eat anything after midnight on the day of your procedure. You may not drink anything less than 6 hours before your procedure. No gum or candy. You may brush your teeth.
- 2. Take your usual morning medications with a sip of water.
- 3. Wear loose fitting clothes. Do not wear contact lenses, jewelry or make-up. Remove tongue piercings.
- 4. Bring your inhalers with you. Bring your glasses case with you.
- 5. Contact the office if you have questions or your physical condition changes (cold, fever, illness) (631) 751-8700.
- 6. We may cancel the procedure if you do not have a driver to take you home. Your driver will need to sign your discharge papers. You may resume your normal diet after the procedure. You may not drive for the rest of the day/night. You may resume normal activities the next day.