

# Colonoscopy with Magnesium Citrate Prep (Ages 3 and under)

## Colonoscopy Preparation Timeline

Check boxes  as you progress!



**21 Days Before or ASAP:** *Purchase the items listed below\**

**The individual items can be purchased at your local pharmacy:**

- One (1) - 10 oz. bottle Magnesium Citrate (NO red coloring) or 16-18g powdered Magnesium Citrate
- One (1) – Bisacodyl Suppositories (for patients 1 year of age and older)

**Note:** Bisacodyl suppositories may be Dulcolax® brand or a generic alternative.



**7 Days Before:**

- STOP** taking fiber and iron supplements. This includes multivitamins with iron, Metamucil® and Fibercon®.



**3 Days Before:**

- Begin low-fiber diet (10-15g/day.) **AVOID** seeds, nuts, popcorn, corn, whole grains, quinoa, fruit, etc.

**For additional details on following a low fiber diet, please visit [www.mngi.com/conditions/low-fiber-diet](http://www.mngi.com/conditions/low-fiber-diet)**



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## 1 Day Before:

- At **12 PM**, take 1 ounce of Magnesium Citrate per year of age (maximum of 10 ounces regardless of age). Follow the dosage chart.
- Magnesium Citrate can be mixed with juice or lemonade (**without pulp- avoid any red** colored liquids)
- If it takes the patient a couple of hours to drink, that is fine, but keep it refrigerated.

12PM

1 oz of  
Magnesium  
Citrate per  
year of age



## Dosing Table

1 Year	1 oz
2 Years	2 oz
3 Years	3 oz
4 Years	4 oz



## The Night Before (between 5-7pm)

- If older than **1 year of age**, administer one (1) Bisacodyl suppository rectally



## Before the Procedure

- Stay well-hydrated.
- **8 hours** before arrival time **STOP** eating solid foods and begin clear liquid diet (only liquids you can see through).
- **6 hours** before arrival time **STOP** milk/formula. NO alcohol, red liquids, dairy, oils, pulp, etc. (Clear liquids are okay during this time. Clear liquids include Popsicles, apple juice, Gatorade, Jell-O, Kool-Aid, or soft drinks).
- **4 hours** before arrival **STOP** breast feeding (Clear liquids are okay during this time. Clear liquids include Popsicles, apple juice, Gatorade, Jell-O, Kool-Aid, or soft drinks).

For additional details on following a clear liquid diet (includes rice cereal and thickeners for formula/milk), please visit <https://www.mngi.com/conditions/clear-liquid-diet>

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## Day of the Procedure

- ❑ Continue clear liquid diet **ONLY**.
  - ❑ Take your morning medications with sips of water **at least 3 hours prior** to your procedure.
    - This includes heart and blood pressure medications, blood thinners (if you have not been told to stop these by our office), methadone, and anti-seizure medications.
    - DO NOT take any chewable vitamins or supplements.
- DO NOT** use chewing tobacco, THC, marijuana, or illicit drugs.



## 3 Hours Before:

- ❑ **STOP** consuming all liquids. **NOTHING BY MOUTH** until after the upper endoscopy.
- If you have questions, contact our office at 612-871-1145.

Your child is ready for the exam, if they followed all instructions and their stool is no longer formed but clear, yellow, or tea colored liquid. If you are unsure whether your child's colon is clean, please call our office at 612- 871-1145 before you leave for your appointment.



## Additional Information:

- **Prep Information:** <https://www.mngi.com/endoscopy-info>
- **Appointment Changes:** If you are having symptoms of a cold or flu (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical conditions (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.
- **Responsible Person Requirement:** Ensure a parent or legal guardian will be available on the day of the procedure. If they are not available, the procedure will be canceled. Make plans to be with your child or have another trusted adult present for 12 hours after the procedure.
- **Questions?** For answers to frequently asked questions about your visit, you can go to <https://www.mngi.com/patient-procedure-faqs>