

## **DR HAGHIGHI INSTRUCTIONS** **MAGNESIUM CITRATE PREPARATION**

- **Have you had a heart attack within the last year? Y/N**
- **Do you have any heart or blood vessel (vascular) stents? Y/N**
- **Have you had any blood clots within the last year? Y/N**

### **PLEASE PURCHASE OVER THE COUNTER:**

- Two 10 oz bottle of Magnesium Citrate (only lemon, lime or clear flavors)

### **7 DAYS BEFORE THE PROCEDURE:**

- **STOP** taking iron containing products, such as a multivitamin with iron.
- **STOP** eating foods with seeds or nuts, including popcorn, strawberries, tomatoes, raspberries, etc.

### **5 DAYS BEFORE THE PROCEDURE:**

- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, ginkgo, etc.
- **PLEASE check with your prescribing physician if on Plavix or any other blood thinners.**
- If you are unsure about the medications you are taking, please call your prescribing Doctor's office for clarification.

### **1 DAY BEFORE THE PROCEDURE:**

- **LIGHT MEALS ARE OKAY UNTIL 3:00PM.** (Soup or salad, No seeds or nuts.)
1. At 5:00pm drink (2) 10 oz bottle of Magnesium Citrate.
  2. **START CLEAR LIQUID DIET.** The Magnesium Citrate will cause diarrhea. Your stool should become lighter until it is yellow in color. Drink the entire bottle. You may experience cramping and fullness. If you vomit or are unsure about the effectiveness of the prep, please contact our office for further instructions.
  3. Continue on your clear liquid diet until midnight. Then, **nothing by mouth** until after your procedure.

### **ON THE DAY OF YOUR PROCEDURE:**

- Only blood pressure and heart medications may be taken the morning of the procedure with the smallest amount of water possible.

**You are required to arrange a driver for your procedure. You should not work, drive or make any major decisions for up to 12 hrs after your procedure. For your safety, you cannot be released to a taxicab. To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.**

## CLEAR LIQUID GUIDELINES

### **START LIQUID DIET 1 DAY BEFORE YOUR PROCEDURE**

BLACK COFFEE, HOT OR ICED TEA  
(NO CREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

HARD CANDY

CHICKEN OR BEEF BROTH - NO CREAM OR DAIRY

JELLO-LEMON OR LIME ONLY

POPSICLES- LEMON OR LIME ONLY

GATORADE- LEMON, LIME OR CLEAR ONLY

WATER

**NO SOLID FOODS. NO ALCOHOL. NOTHING PURPLE, RED, OR ORANGE COLORED.**

**LIQUIDS YOU CAN SEE THROUGH SHOULD BE OKAY, AS LONG AS IT HAS NO PARTICLES. IF YOU ARE UNSURE OF SOMETHING, PLEASE FOLLOW THE ABOVE GUIDELINES OR CALL OUR OFFICE WITH QUESTIONS.**

**MONDAY-FRIDAY 8AM-4PM**

**(907) 276-2811.**