

# Information Sheet

## Extended Prep

**These instructions are for patients without severe kidney and heart disease. If you have a severe kidney or heart disease, please call our office for alternative extended instructions: 303.604.5000**

These instructions are a supplement to your **prep instructions**, please follow all the prep instructions and add the below information:

### **PRIOR To STARTING** the Prep:

- Purchase 2 bottles of clear (not red) magnesium citrate (10-ounces). This can be purchased over the counter.

### The **DAY BEFORE** the Procedure:

- Follow all prep instructions for the first half of the prep.
- After you have completed the first half of the prep, drink one 10-ounce bottle of clear magnesium citrate. This can be mixed with lemon-lime soda to make it easier to drink.

### The **DAY OF** the Procedure:

- Drink the second half of the prep following all written prep instructions.
- If your stools are see-through and light yellow to clear in color as you are finishing the prep, no need to drink the second bottle of magnesium citrate.
- If your stools are not see-through and light yellow to clear in color when you are 3.5 hours prior to your procedure time, drink the second bottle of 10-ounces clear magnesium citrate.
  - **NO** clear liquids **3 hours** prior to the procedure time.

**\*\* If you drink the second bottle of magnesium citrate and are not having yellow, clear stools, please call our office for further instructions: 303.604.5000 \*\***