

GASTROENTEROLOGY CENTER OF NORTHERN VIRGINIA LTD.

PROCEDURE LOCATION: (If unsure of the exact place and time, please verify with the office)

- Virginia Hospital Center Arlington 1635 North George Mason Drive 2nd floor - GI out Patient Center, Gold Parking
- Fairfax Hospital 3300 Gallows Road, Falls Church, VA Women's & Children's Center – Blue Entrance

APPOINTMENT DATE: _____ **ARRIVAL TIME:** _____ **PROCEDURE TIME:** _____

Please inform the office if you have an internal defibrillator or cardiac stent

EUS (LOWER) WITH MAGNESIUM CITRATE

(Endoscopic Ultrasound)

Things to purchase: Two 10 oz bottles of Magnesium Citrate (no red) and 1 box of Dulcolax 5 mg. (bisacodyl) laxative tablets from your drug store. These are over the counter products. No prescription is required.

1. **Discontinue 5 days in advance** of your procedure: all aspirin, ibuprofen or Advil type products, blood thinners (Coumadin, Plavix, Aggrenox, Ticlid, Persantine.). **If you take any of these medications for cardiac reasons, check with your regular doctor before stopping them.** Tylenol may be used as needed. Your other necessary medications are OK to take.
2. **Use only a clear liquid diet** for one full day before the EUS. This means the entire day beginning first thing in the morning, no exceptions. Do drink plenty to stay hydrated. You will not return to your regular diet with food until after your procedure.
3. **At 2:00 p.m. the afternoon before** your EUS, take 2 Dulcolax tablets with an 8 ounce glass of water or any clear liquid. Continue on your clear liquid diet. You may experience mild bloating or cramping. This is a laxative and should begin to work in approximately 3-6 hours, do not worry if it doesn't.
4. **At 5:00 p.m. the afternoon before** the EUS, drink one full bottle of Magnesium Citrate followed by 8 ounces of water or clear liquid. Continue on your clear liquid diet. This also is a laxative, be prepared to be very close to a bathroom.
5. **The morning of your EUS**, drink one full bottle of Magnesium Citrate again followed by 8 ounces water or clear liquid just as you did the day before. Necessary medications early in the morning are OK. If your arrival time is **at or before 7:00 a.m.**, drink the Magnesium Citrate at 4:00 a.m. If your arrival time is **after 7:00 a.m.**, drink the Magnesium Citrate at 5:00 a.m. Continue clear liquids up until 4 hours before your procedure time, then nothing further by mouth.

Please have a responsible adult to drive you home after your procedure or you may take a cab **only** if accompanied by an adult. You are **not to drive** for the rest of the day after your procedure.

Be certain you have provided all current insurance information and necessary referrals to our office at least two weeks prior to your procedure date. Referrals apply only to HMO and Managed Care plans.

To cancel or reschedule, please do so 5 business days advance to avoid a charge

Also, please download the "Colonoscopy frequently asked questions" and "Clear liquid diet."

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