

MAGIC Prep Program FAQ

Common Problems/Easy Solutions

1. My bottom is sore.

Use the included baby wipes and apply the included petroleum jelly to your bottom as needed.

2. My bowel movements are not clearing.

The goal of the prep is to develop clear-to-yellow, watery bowel movements before the procedure. For most people, this will occur within several hours of finishing the laxative pills and solution.

If your BMs do not clear in the evening, (that is they are still brown and/or contain pieces or flecks of brown material) you will likely clear after the morning dose of MagCitrato.

If you're not clear after the morning bottle of MagCitrato, just call the center at 7am and tell them that your BMs didn't clear and what time you finished the MagCitrato. Your doctor will give you advice on whether you're clear enough for the exam or whether further laxative is necessary. We would rather delay your procedure a few hours than have to repeat it due to a poor prep.

3. I made a mistake with my diet or food instructions.

Our instructions include avoiding high residue foods the day before your prep and having a small, low residue breakfast the morning of your prep day. These instructions are designed to help make it easier for your prep to clean you out. If you make a mistake and eat something restricted or not on the list during this time, don't fret. Just continue your prep as instructed. Your prep may have to work a little harder, but it will probably work fine. You do not need to call your doctor to ask if you can still have your exam.

Two instructions are extremely important, however:

- a. Take in only clear liquids after your low-residue breakfast. Eating solid foods later in the prep day will likely cause a delay or cancellation of your procedure.
- b. Do not take anything by mouth within 4 hrs of your procedure. Doing so will cause a delay or cancellation of your procedure.

4. I feel nauseated or I vomited some of the prep.

The ClearLax powder is tasteless, so your prep solution should taste like the drink it is mixed with. Therefore, "bad taste" should not be a cause of nausea. Likewise, the MagCitrato has an agreeable citrus taste.

Some people will feel nauseated because their stomach cannot tolerate the volume of drinking 8oz every 15 minutes. If this happens, just take a 30 min. break and start up again at a slower pace (as slow as 8oz. every 30-40 mins.) You must do your best to drink the entire 64oz. and then give it some time to work. The longer it takes to drink the solution, the greater chance you may lose some sleep having to use the bathroom in the middle of the night. If you happen to vomit some of the solution, don't be concerned. Just give yourself a short break and continue drinking the rest of the solution at a rate you can tolerate. You will likely get cleared out just fine.

5. I “just can't finish” the prep.

Fortunately, only few people will encounter this problem, since this is a relatively tolerable prep. However, if you run into a “brick wall” with the prep and just can't go on, **there's no need to call in the middle of the night unless there is an emergency.** We won't be able to fill your slot at that time anyway if you need to cancel. And only you will be able to decide whether you can continue on or not.

Some patients can still have the procedure after a partial prep. This depends on how far you get with your prep and how well it does in cleaning you out. If your bowel movements are watery, but still predominantly brown, chances are you won't be cleaned out enough to undergo the procedure. If however your bowel movements are clear or nearly clear, you may still be able to have your procedure.

If you decide to “give up” on the prep in the late evening or overnight, **there is no need to call.** Do your best to remain on clear liquids and call the center at 7am. Your doctor can decide at that time what the best course of action would be. Please note: if you take any solid food after “giving up” on the prep, there is NO chance you can have your procedure that day.

There is no need to call in the middle of the night unless you are feeling ill or there is an emergency. Only you can decide whether you can continue on with the prep. Simply call the center at 7am and tell your doctor the problem, and he/she can help guide you from that point on.

6. I feel extremely ill or it's an emergency.

Fortunately, the vast majority of people will have no trouble with the prep. However, any colon prep can make the rare patient feel **extremely ill.** If you begin feeling light-headed, experience any fainting or near-fainting episodes, or develop chest pain or heart palpitations, you must **immediately stop taking the prep** and **immediately go to the nearest emergency room.** You may call the on-call doctor at the number below for additional advice if you are concerned about a potential emergency or are feeling extremely ill.

If you have any known chronic illness, such as diabetes, heart, or lung disease, you should be particularly wary and do not delay in getting to an emergency room if feeling extremely ill. All diabetic patients must monitor their blood sugar levels throughout the prep process and especially if feeling light-headed or ill. **Immediate treatment for low blood sugar readings is critical.**

**Number to call for an Urgent Question:
302-225-2380**