

Ocean Surgical Pavilion

Colonoscopy Prep Instructions – Magnesium Citrate

(Procedures after 10:00am)

You will need to purchase:

- Two (2) Magnesium Citrate – 10 ounce bottles
- 1 Box Dulcolax (Bisacodyl) 5 mg tablets

It is very important that you follow each step and complete all of these instructions or your colonoscopy may need to be repeated. The bowel preparation will not work properly unless you **drink plenty of liquids.**

To assist with the effectiveness of your prep, decrease your intake of seeds, nuts, skins, raw fruits and vegetables 4 days prior to your procedure.

1 Day before Exam: _____

- You may not have any solid foods today
- Start Clear Liquids throughout the day
- At 6PM - Drink 1 bottle of the Magnesium Citrate
- At 8PM - Take 4 Dulcolax tablets

DAY OF PROCEDURE: _____

- At 6-AM – Drink 1 bottle of the Magnesium Citrate

Clear liquids include:

- Water
- Gatorade
- Fruit juices without pulp (apple, white grape, lemonade)
- Coffee or tea with a small amount of milk or non-diary creamers (sugar substitutes are fine)
- Clear broth or bouillon (low sodium)
- Carbonated or non-carbonated soft drinks (NO RED,PURPLE, or BLUE)
- Kool-Aid or flavored drinks (NO RED, PURPLE, or BLUE)
- Popsicles or Italian Ice (NO RED,PURPLE or BLUE)
- Jell-o without fruit or toppings (NO RED,PURPLE, or BLUE)

STOP DRINKING FLUIDS 4 HOURS BEFORE YOUR PROCEDURE TIME!