

MAGNESIUM CITRATE Colon Prep Instructions

Please follow instructions carefully. Failure to take the prep as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure.

One Day Before Your Colonoscopy

- Take one bottle (10oz.) of magnesium citrate at 4:00pm. (Purchase over the counter). Take as directed.

Clear Liquids Include (See attached "Clear Liquid" Sheet for more information)
Juices without pulp (apple, white grape, white cranberry, lemonade), Water, Tea, Plain Jello (not red or purple), Soda or non-carbonated soft drinks, Clear broth or bouillon, Ice Pops (not red or purple). **Do not fast. Please drink a variety of liquids that are listed above for proper hydration.**



Evening Before Your Colonoscopy - At 11:00 pm

- Take 2 more Dulcolax (Generic-Bisacodyl) comfort coated tablets followed by at least 16 oz. of any clear liquid. (The solution and Dulcolax will stimulate you to have multiple bowel movements for the purpose of cleaning your colon out. You should be evacuating yellowish-liquid stool at the end of your prep.)

Remember not to eat or drink anything 4 hours before your procedure.

The Day of Your Colonoscopy – 2 hours before leaving home if needed.

IF YOUR STOOLS ARE CLOUDY OR CONTAIN PARTICLES.

- Take 2 Fleets enemas according to package directions. These are available over the counter at drug stores. **DO NOT USE ENEMAS WITH MINERAL OIL.** With the first enema, retain as long as possible. Complete the second enema immediately after passing the first enema. Please pay attention to the results in the toilet bowl and be able to **report color and consistency to the nurse on arrival** to the Endoscopy Center.