

Ocean Surgical Pavilion

Colonoscopy Prep Instructions – 2 Day Magnesium Citrate – Procedures before 10am

You will need to purchase:

- Two (2) - 10 ounce bottles Magnesium Citrate – NOT RED, and place in refrigerator to chill
- 1 box - 5 mg Dulcolax (Bisacodyl) 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.**

If you do not have an adequate daily bowel movement or are constipated, it may be more difficult for you to achieve adequate bowel cleansing with the standard preparation, and the procedure may not be completed!!! Use a laxative of your choice such as Senekot, Milk of Magnesium, Miralax, or Dulcolax tablets for 3-4 days prior to the preparation day to assure adequate evacuation with the prep.

Clear liquids include: (NOTHING RED, PURPLE, OR BLUE)

Water, Gatorade, Fruit juices without pulp (apple, white grape, lemonade), Coffee or tea without milk or non-dairy creamers (sugar substitutes are fine), Clear broth or bouillon (low sodium), Carbonated or non-carbonated soft drinks, Kool-Aid or flavored drinks, Popsicles or Italian Ice, Jell-o without fruit or toppings

4 Days before Exam: _____

- Limited diet: No grains, seeds, nuts, skins, or popcorn (may have white bread, milk, egg whites)
- **LIMIT YOUR INTAKE OF RAW FRUITS/VEGETABLES**

2 Days before Exam: _____

- Clear Liquids throughout the day! No solid foods, milk or dairy.
- At 7 PM – Take 2 Dulcolax tablets with 8 ounces of clear liquid.

1 Day before Exam: _____

- Continue Clear Liquids throughout the day! Drink at least **2 quarts** on day of preparation.
- At 11 AM - Take 2 Dulcolax tablets with 8 ounces of clear liquid.
- At 12 PM - Drink 1 bottle of the Magnesium Citrate chilled
- At 10 PM - Take 2 Dulcolax tablets with 8 ounces of clear liquid.
- At 11 PM - Drink 1 bottle of the Magnesium Citrate chilled

NOTE: Individual responses to laxatives do vary; this prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as 4-6 hours. Please remain within easy reach of toilet facilities. Use of a lubricated toilet wipe such as Balneal, or baby wipes and topical ointment like Vaseline or Chamois Buttr will reduce skin irritation from multiple bowel movements.

STOP DRINKING FLUIDS 6 HOURS BEFORE YOUR PROCEDURE TIME!

How to know if the prep is adequate: The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks or debris are not a problem as long as the stool is not muddy or thick.