

Ocean Surgical Pavilion

Colonoscopy Prep Instructions – Magnesium Citrate – Procedures after 10am

You will need to purchase:

- Two (2) - 10 ounce bottles of Magnesium Citrate - Yellow, not Red and place in refrigerator to chill
- 1 box - 5mg 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 2 days prior to the preparation day to assure adequate evacuation with the prep.

4 Days before Exam: _____

- To assist with the effectiveness of your prep, decrease your intake of seeds, nuts, skins, popcorn, raw fruits and vegetables

1 Day before Exam: _____

You may not have any solid foods after noon – Clear Liquids Only!

- You may have a light breakfast (egg whites, yogurt, cereal, or toast)
- **Start Clear Liquids at NOON!** No solid foods, milk or dairy. Drink at least **2 quarts** on day of preparation.
- At 5 PM - Take 2 Dulcolax tablets with 8 ounces of clear liquid
- At 7 PM - Drink 1 bottle of the Magnesium Citrate chilled
- If you have not passed liquid stool within 5 hours, take 2 additional Dulcolax tablets with clear liquids.

You may chew gum or suck on hard candies the day before ONLY!

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 Butter will reduce skin irritation from multiple bowel movements.

DAY OF PROCEDURE: _____

- Drink 1 bottle of the Magnesium Citrate chilled between 5 - 9am or at least **4 hours** before your arrival time.
- For all procedures after 1pm, drink 1 bottle of Magnesium Citrate chilled by 9am.

Clear liquids include:

- 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 (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)

Except for your second dosage of prep, stop drinking clear liquids 6 hours prior to 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.