

Ocean Surgical Pavilion

Colonoscopy Prep Instructions – Magnesium Citrate – Procedures before 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

If you do not have an adequate daily bowel movement or are constipated, use a laxative such as Senekot, Milk of Magnesium, Miralax, or Dulcolax tablets for 2 days prior to your procedure to ensure a good preparation.

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.**

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: _____

- Start 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 chilled Magnesium Citrate
- At 10 PM - Take 2 Dulcolax tablets with 8 ounces of clear liquid
- At 11 PM -Drink 1 bottle of chilled Magnesium Citrate- or up to 5 hours prior to your arrival time

Clear liquids include:

- Water
- Gatorade
- Fruit juices without pulp (apple, white grape, lemonade)
- Coffee or tea with a small amount of milk or non-dairy creamers (sugar substitutes are fine)
- Clear broth or bouillon
- 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 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.

NOTE: Individual responses to laxatives do vary. This prep will 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 (Vaseline or Chamois Buttr) will reduce skin irritation from multiple bowel movements.

If there is significant solid material left after 4 hours, take an additional 2 Dulcolax tablets with clear liquids. The procedure will be cancelled if preparation is inadequate.