

### Magnesium Citrate Colonoscopy Prep

**At least two days before your procedure:** You will need to purchase **two (2)** 10 oz bottles of Magnesium Citrate (no cherry flavored) and **6** dulcolax pills, both which are over the counter.

**The day before your procedure:** **NO** solid food and only clear liquids for breakfast, lunch and dinner. See examples of clear liquids at the bottom of the page.

1. At twelve noon take 3 dulcolax pills and drink the first bottle of Magnesium Citrate.
2. At 6pm take 3 dulcolax pills and drink the second bottle of Magnesium Citrate.
3. If bloating or nausea occurs, stop drinking until symptoms subside (usually 15-30 minutes), then resume.
4. You may continue **ONLY** clear liquids until 4 hours prior to your procedure.

### **DO NOT EAT ANYTHING AFTER MIDNIGHT.**

#### **The day OF your procedure:**

1. Arrive at AGECE (the left side entrance) at \_\_\_\_\_ for a \_\_\_\_\_ procedure.
2. Bring all paperwork mailed/given to you **and** your current medication list.
3. Leave all valuables at home.
4. Please have your driver remain at the Endoscopy Center throughout the procedure.

#### **Clear Liquid Diet includes:**

Beverages: Soft drinks, fruit juices without pulp, water, tea, coffee (no milk or creamer).

Soups: Chicken or beef bouillon/broth

Desserts: Hard candies, Jell-O, popsicles, **DO NOT eat or drink anything that is colored red or orange.**

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