

**INSTRUCTION FOR COLONOSCOPY PREP USING MAGNESIUM CITRATE/
DULCOLAX
(FOR PROCEDURES BEFORE 12:00 NOON)**

DAY PRIOR TO PROCEDURE

Several days prior to your procedure you will need to purchase: 4 Dulcolax laxative tablets and 2 bottles of Magnesium Citrate.

- 1) Drink only clear liquids for breakfast, lunch and dinner, No solid foods or dairy products are allowed.

“CLEAR LIQUIDS” INCLUDE:

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Water
- Clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer) and

All of the following that are NOT colored red or purple:

- Gatorade
- Carbonated or non-carbonated soft drinks
- Kool-Aid or other fruit flavored drinks
- Plain Jell-o (without added fruit or toppings)
- Ice Popsicles

- 2) At **6:00 PM** take the 4 Dulcolax laxative tablets.
- 3) At **8:00 PM** drink 1 bottle of Magnesium Citrate.
- 4) At **11:00 PM or 5 hours before the procedure**, Drink 1 bottle of Magnesium Citrate.

YOU CAN HAVE CLEAR LIQUIDS UNTIL 4 HOURS BEFORE THE PROCEDURE.