

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

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

**DAY BEFORE PROCEDURE**

- 1) You may eat a low residue breakfast and lunch until 1:00 PM (i.e. scrambled eggs, plain toast, plain bagel – **NO** nuts, seeds, oatmeal cereals or grains).
- 2) From 1:00 PM on, you may drink “clear liquids” **only**. **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

- 3) At **9:00 PM** take the 4 Dulcolax laxative tablets.
- 4) At **11:00 PM** drink 1 bottle of Magnesium Citrate.
- 5) Continue drinking clear liquids until bedtime.

**DAY OF PROCEDURE**

- 1) Five (5) hours before the procedure drink 1 bottle of Magnesium Citrate.

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

- 2) Arrive for colonoscopy at scheduled time on day of procedure.