

Citrate of Magnesia with Dulcolax Preparation for Colonoscopy

If you take drugs such as diuretics, Coumadin, Plavix or require antibiotics for dental work, please inform us when scheduling your colonoscopy. If you have had major medical problems or changes in medication since your last examination or visit here, please make us aware prior to your colonoscopy.

Purchase at a pharmacy (No prescription is required):

1. Two (2) 10-ounce bottles of Citrate of Magnesia
2. A box of Dulcolax **laxative** tablets

For one week prior to colonoscopy:

Do not take Aspirin, ibuprofen, Aleve, Motrin, Vitamin E, or Iron (Tylenol is OK).

Four days prior to colonoscopy:

Avoid roughage such as bran, whole wheat, seeds, popcorn, nuts, **fresh** fruit and fresh vegetables and fiber supplements such as Metamucil. You may eat cooked and/or canned fruits and vegetables. ***Take one Dulcolax tablet at bedtime each night.**

On the day before colonoscopy:

Stay on a liquid diet including: **clear liquids**, Jell-O, broth, clear fruit juices such as apple or white grape, Italian ices, popsicles, etc. and drink plenty of fluid during the day (at least two 2 quarts) to avoid dehydration. Consume nothing red or orange. We do allow eggs for breakfast and **smooth** ice cream or yogurt until the first dose of Citrate of Magnesia.

As close to 5:00pm as possible*:

Drink one bottle of Citrate of Magnesia.

You may continue to drink **clear liquids**. ***Take one Dulcolax laxative tablet at 9:00pm.**

****Note:** Individuals respond to laxatives differently; this prep often works within 30 minutes but may take as long as 12 hours. The laxative effect may be quite vigorous. Please remain within easy reach of toilet facilities.*

On the day of colonoscopy:

Continue to drink **clear liquids**. **4 hours before your colonoscopy is scheduled, drink the second bottle of Citrate of Magnesia.**

It is the second dose that ensures a clean colon. You may follow this dose with a glass of any clear liquid. Afterwards, **NO ORAL INTAKE OF ANY KIND. If stool is not clear (you cannot see through to the bottom of the toilet bowl) prior to your visit, please take a fleet enema 30 minutes before leaving the house. Withhold all medication the morning of your procedure, unless otherwise discussed with your doctor.*

If your colonoscopy is scheduled for early morning, you may take the 2nd dose of the prep at 9 pm the night prior to your procedure. Continue clear fluids until 4 hours prior to your procedure.

Withhold all medications the morning of your procedure unless directed otherwise by your physician.