

COLONOSCOPY PREPARATION INSTRUCTIONS
7B
SPLIT CITRATE OF MAGNESIA / DULCOLAX PREP

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again**, ALONG WITH THE GENERAL COLONOSCOPY INSTRUCTIONS, **one week prior to your test date**.

HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) three (3) to five (5) days prior to your procedure.

TEST DATE: _____ **ARRIVAL TIME:** _____

(In any pharmacy, or grocery store in laxative aisle.)

- 1. Four Dulcolax Tablets (Laxative, NOT Stool Softener)**
- 2. Two 10oz bottles of Citrate of Magnesia**

HOW TO TAKE THE PREP:

- 1. ON THE DAY BEFORE THE TEST _____ Have a low residue breakfast (such as, eggs and white toast)**
- 2. Beginning at 12 Noon Follow a Clear Liquid Diet (see sample diet)**
- 3. 5 PM Take 2 Dulcolax (Bisacodyl) tablets, swallow whole with a full 8oz glass of water, then drink the first bottle of Citrate of Magnesia (can be mixed with clear liquid)**
- 4. 5AM day of the procedure _____ take 2 Dulcolax (Bisacodyl) tablets, swallow whole with a full 8oz glass of water, then drink the second bottle of Citrate of Magnesia (can be mixed with clear liquid). You must finish this 4 hours prior to your arrival time.**
- 5. You may continue your Clear liquid Diet during the evening/night and up to 4 hour prior to your arrival time**

Clear Liquid Diet for Colonoscopy Prep Day

HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) three (3) to five (5) days prior to your procedure.

No Red Colored liquids, ice or Jell-O, they may look like blood during the procedure. You MAY NOT have milk or creamer, or any alcoholic beverages on a clear liquid diet

Allowable Choices

- Black coffee (no milk or Creamer)
- Tea hot or cold (no milk or creamer)
- Sports Drinks (Gatorade, PowerAde, Pedialyte)
- Clear Soda (sprite, 7up, seltzer, ginger ale)
- Lemonade
- Broth or bouillon (chicken, beef, vegetable)
- Flavored Jell-O (no red)
- Lemon Ice or Italian Ice (no red)
- Clear Juices any flavor (apple, white cranberry or grape etc.)
- Crystal Light

STOP all clear liquids 4 hours before your scheduled arrival time