

**COLONOSCOPY PREPARATION INSTRUCTIONS**  
**7A**  
**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) SEVEN DAYS PRIOR TO PROCEDURE FOLLOW A LOW RESIDUE DIET; NO marijuana the day before and day of procedure; NO tobacco use the day of 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. **12 Noon 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. **6 PM 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).**
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

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**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**