

- Four days prior to your procedure: Avoid eating seeds, nuts, corn, and any other form of roughage (lettuce, vegetables, bran cereals, etc.) or fiber. **DO NOT TAKE METAMUCIL or CITRUCEL.**
- Clear Liquids: It is important that large volumes of clear liquids be consumed the day before your procedure up to midnight to avoid dehydration. **Do not eat or drink after midnight before the procedure,** except for the liquid required for your bowel preparation. You may use a topical ointment such as Preparation H or Anusol to avoid irritation.
- **BREAKFAST DAY BEFORE PROCEDURE**
May include any of the following items:
 - One boiled or poached egg or small portion of skinless chicken, turkey, or fish.
 - White toast, **NO BUTTER**
 - One 8oz. can of Ensure, **Do not take Ensure Plus.**
 - Any clear liquid examples are:
 - Soft drinks*- Ginger Ale, Sprite, 7 Up, Gatorade, and Kool-Aid **NO RED OR PURPLE DYES.**
 - Strained fruit juice without pulp* – apple juice, white grape juice, lemonade
 - Water, Tea, or Coffee* -**NO MILK OR NON-DAIRY CREAMER,** sweeteners are permissible.
 - Soups*- low sodium chicken or beef bouillon/broth
 - Desserts*- hard candies Jell-O (lemon or lime) **NO FRUIT TOPPINGS,** Popsicles **NO SHERBETS OR FRUIT BARS.**
- **LUNCH DAY BEFORE PROCEDURE**
You may drink all of the clear liquids you would like. No solid food until after your Colonoscopy is performed.
- **DINNER DAY BEFORE PROCEDURE**
You may drink all of the clear liquids you would like. No solid food until after your Colonoscopy is performed.

MAGNESIUM CITRATE COLONOSCOPY PREPARATION

If you take **COUMADIN, PRADAXA OR PLAVIX**, please contact our office for special instructions as soon as possible.

Purchase at the pharmacy:

TWO DULCOLAX TABLETS AND TWO 10 OZ (300cc) BOTTLES OF MAGNESIUM CITRATE. AVOID CHERRY FLAVORED MAGNESIUM CITRATE.

ONE WEEK PRIOR TO THE EXAM:

Discontinue iron supplements.

FOUR DAYS PRIOR TO THE EXAM:

Avoid seeds, nuts, corn, and any other forms of roughage or fiber. DO NOT take Metamucil/Citrucel.

ONE DAY PRIOR TO THE EXAM:

Beginning 24 hours before your procedure do not eat any solid food. You can eat plain jello, as long as it is not red. You may drink only clear liquids that you can see through, such as water, tea, fruit juices (without sediment-no orange juice), broth, or carbonated beverages such as Sprite, 7-Up, Coca Cola, Pepsi, or ginger ale. You may drink coffee without milk.

At 9am, take **TWO DULCOLAX TABLETS.**

IF YOUR PROCEDURE IS SCHEDULED AT 9:30 AM OR EARLIER:

-At **4:00 pm**, drink one 10 oz. bottle of magnesium citrate followed by an 8 oz. of an approved clear liquid. Then drink a full 8 oz. glass of clear liquid at 4:30 pm, 5:00 pm, 6:00 pm, and 6:30 pm.

-At **8:00 pm**, drink the second 10 oz. bottle of magnesium citrate followed by 8 oz. of an approved clear liquid. Then drink a full 8 oz. glass of clear liquid at 8:30 pm, 9:00 pm, 9:30 pm, and 10:00 pm and 10:30 pm.

IF YOUR PROCEDURE IS SCHEDULED LATER THAN 9:30 AM:

-At 6:00 pm, drink one 10 oz. bottle of magnesium citrate followed by 8 oz. of an approved clear liquid. Then drink a full 8 oz. glass of clear liquid at 6:30 pm, 7:00 pm, 7:30 pm, 8:00 pm and 8:30 pm.

-At 6:00 am, on the morning of your colonoscopy, drink the second 10 oz. bottle of magnesium citrate followed by 8 oz. of an approved clear liquid. Then drink a full 8 oz. glass of clear liquid at 6:30 am, 7:00 am, 7:30 am, and 8:00 am.

DAY OF THE EXAM:

You may drink approved clear liquids up to 4 hours prior to your procedure. DO NOT eat or drink anything including gum and hard candy 4 hours before test. You may take medications with a small amount of water.