Magnesium Citrate

It is IMPORTANT that you read these instructions well in advance and follow them completely to ensure a successful exam. It is critical for you to thoroughly clean out your colon. Stool remaining in the colon can hide polyps or other abnormalities.

WHAT YOU WILL NEED:

Two 10 ounce bottles of Magnesium Citrate (clear only) **AND four** 5mg Dulcolax tablets
***both are sold over the counter, you do not need a prescription.
***Magnesium citrate may be diluted with any clear liquid and should be consumed at a slower pace (2 ounces every 10 minutes).

	DAY BEFORE your procedure	**DAY OF Your procedure**
DIET	• **NO SOLID FOOD THE ENTIRE DAY** • NO ALCOHOL or any recreational drugs. • Drink clear liquids all day such as water, sports drinks, tea or black coffee (no milk or cream), broth, apple or white grape juice, sodas, jello, or popsicles. Nothing red or purple. *Follow a low fiber diet: avoid seeds, nuts, corn, salads, and lettuce 3 days prior to procedure.	• You can drink **clear liquids** up to **4 HOURS** before your Procedure. • Do not use any form of tobacco or nicotine products 4 hours before your test. • Remove contact lenses and all body piercings. • Medications may be taken 4 hours prior to your procedure.
	PROCEDURE SCHEDULED BEFORE 1:00 pm	**PROCEDURE SCHEDULED AT OR AFTER 1:00 pm**
PREP	**At 4:00 pm day before procedure**: take 4 Dulcolax tablets **AND** 1 full bottle of Magnesium Citrate (may be diluted). Follow with 4 glasses of clear liquid.	**At 7:00 pm day before procedure**: take 4 Dulcolax tablets **AND** 1 full bottle of Magnesium Citrate (may be diluted). Follow with 4 full glasses of clear liquid.
	At 10:00 pm day before procedure: drink the 2nd bottle of Magnesium Citrate followed by 4 full glasses of clear liquid.	**At 7:00 am day of procedure**: drink the 2nd bottle of Magnesium Citrate (may be diluted). Follow with 4 full glasses of clear liquid.