

COLONOSCOPY PREPARATION INSTRUCTIONS

using Magnesium Citrate and Bisacodyl

Obtain from your local pharmacy: (NO PRESCRIPTION NEEDED)

1. Two (2) 10-oz bottles of Magnesium Citrate.
2. Four (4) bisacodyl 5mg tablets.

The morning PRIOR to the procedure:

1. Start a strict clear liquid diet (NO SOLID FOODS throughout the entire day)

Examples include:

- Clear fruit juice (no pulp) – Apple, white grape, etc.
 - Chicken broth
 - Coffee without milk or creamer
 - Clear sodas (7up, Sprite, Ginger Ale)
 - Gelatin Desserts (lime or lemon flavors only)
 - Gatorade/Powerade (lime or lemon flavors only)
 - Popsicles without pieces of fruit or pulp (lime or lemon)
2. Between 5:00 –7:00PM drink the first 10 oz. bottle of magnesium citrate followed by two (2) bisacodyl tablets. Immediately afterwards, drink at least 2 - 3 eight-ounce (8oz) glasses of clear liquids.
 3. May continue to drink clear liquids until bedtime

**The day of the procedure:**

1. Four (4) hours prior to your procedure time, drink the second bottle of magnesium citrate followed by two (2) bisacodyl tablets. Immediately afterwards, drink at least 2 - 3 eight-ounce (8oz) glasses of clear liquids.
2. May continue to drink clear liquids up until 2 hours before your scheduled procedure time.

****Example: If your procedure is at 10AM, you should start drinking the second bottle of Magnesium Citrate at 6AM. It is very important to finish drinking the solution. If not, the colon might not be clean enough and the procedure will have to be repeated at a later date.*

****Stop drinking all liquids at least 2 hours prior to your procedure time*

*****Diabetics should skip their oral diabetes medications, and if using insulin, take only half the dose.**