

Dr. Shultz
COLONOSCOPY PREPARATION INSTRUCTIONS
using Magnesium Citrate and Dulcolax

Obtain from your pharmacy: (NO PRESCRIPTION NEEDED)

1. Two 10-oz bottles of Magnesium Citrate.
2. Four Dulcolax Laxative tablets 5mg

Two days PRIOR to the procedure:

1. Take 2 Dulcolax tablets at bedtime the night before you start your liquid prep.

Day PRIOR to the procedure:

1. This is your liquid prep day; you will be on clear liquids the entire day. You may drink anything that you can hold up to the light and see through (apple juice, broth, coffee without cream, tea, water, sodas, etc.) You may also have Jell-O or popsicles but **NOTHING RED**.
2. Around 4:00 PM, drink one 10 oz. bottle of Magnesium Citrate. Follow this by plenty of clear liquids.
3. At 7:00 PM drink the second bottle of Magnesium Citrate. Follow this with a full glass of clear liquids. Take 2 Dulcolax tablets after the second bottle of Magnesium Citrate and follow this with plenty of clear liquids.
4. Continue clear liquids until midnight or bedtime.

*****Do not take oral diabetes medications** the day of the prep or the morning of the procedure. If you are on **INSULIN**, please take only half your dose the day of the prep and the morning of the procedure.

*****If you are taking blood thinners** and/or require cardiac clearance, you may be asked to hold medications in preparation for the procedure, these recommendations will be requested of your cardiologist.

The day of the procedure:

- **Take needed medications with a small sip of water on the morning of the procedure (Except Oral Diabetic Meds).** You must have someone with you in order for the physician to explain the results of the procedure after your exam, (this person will also be your driver), as you will have been sedated.

- **Plan to be at the surgery center/hospital for approximately 2-3 hrs.** They surgery center or hospital may call you with any schedule changes or updates.