

COLONOSCOPY PREPARATION INSTRUCTIONS

using Magnesium Citrate and Bisacodyl

Obtain from your pharmacy: (NO PRESCRIPTION NEEDED)

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

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 (without pulp) – Apple, white grape, etc.
 - Chicken broth
 - Coffee without milk or creamer
 - Clear sodas (7up, Sprite, Ginger Ale)
 - Jell-O (lime or lemon flavors only)
 - Gatorade/Powerade (yellow flavors only)
 - Popsicles without pieces of fruit or pulp (lime or lemon)
2. Any time after 6PM drink the first 10 oz. bottle of Magnesium Citrate followed by 2 Bisacodyl tablets. Immediately afterwards, drink at least 2 to 3 eight-ounce glasses of clear liquids.
 3. The laxative effect can begin within 1-4 hours. Be prepared to be near the bathroom during the preparation.
 4. Continue to drink clear liquids until bedtime

The day of the procedure:

1. Four hours prior to your procedure time, drink the second bottle of Magnesium Citrate followed by 2 Bisacodyl tablets. Immediately afterwards, drink at least 2 to 3 eight-ounce glasses of clear liquids.
2. Continue to drink clear liquids until 2 hours before your scheduled procedure time.

****Example: If your procedure is at 10AM, you start drinking the second bottle of Magnesium Citrate at 6AM.*

3. Take your morning medications with a sip of water

***if you are a diabetic, do not take your morning oral diabetic medications. If you use insulin in the mornings, only use half the dose.

***If you take anticoagulants or antiplatelets (“blood thinners”) like Plavix®, Coumadin®, Pradaxa®, Xarelto®, Eliquis®, Effient®, etc., you should discuss with your doctor.

*** 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. The surgery center or hospital may call you with any schedule changes or updates.