Dulcolax/Magnesium Citrate Prep Checklist for Colonoscopy

1 DAY PRIOR TO PROCEDURE

- **Begin a clear, liquid diet** (i.e clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.
- **12-5PM**: Drink 8 ounces of clear liquids each hour.
- **3PM**: Drink 1.5 bottles of magnesium citrate over ice.
- **4PM**: Take 3 Dulcolax tablets with an 8 ounce glass of water.
- **5PM**: Drink 1.5 bottles of magnesium citrate over ice.
- **5PM-12PM**: Drink at least 3 additional 8 ounce glasses of water.
- **Avoid eating or drinking after midnight**. This includes gum and breath mints.

DAY OF PROCEDURE

- **Avoid eating or drinking** unless you have been instructed otherwise.
- **Take necessary medications** with a small sip of water.
- **Arrive at the hospital** at your specified procedure time.
- **Bring a trusted individual with you or have them arrive following your procedure to drive you home**. **You are required to have a driver.**
Frequently Asked Questions:

What can I expect as I ingest the Dulcolax/magnesium citrate prep?

*Mild nausea, mild hunger, and/or profuse, watery bowel movements.*

When should I go to the emergency room?

*Call our office if you are unsure if you should visit the emergency room. Bodily responses that may require you to go to the emergency room involve intolerable nausea/vomiting, intolerable abdominal pain, and/or bloody stools.*

May I continue to take my daily aspirin and/or pain medications?

*You may take this the day prior to your procedure, but please do not take the day of your procedure.*

May I continue to use my inhaler?

*Yes. Use your inhaler the morning of your procedure and bring it with you to the hospital.*