

MAGNESIUM CITRATE BOWEL PREP FOR PROCEDURE

PURCHASE AT THE PHARMACY:

- 1 bottle Magnesium Citrate (available over the counter) \$8-10
- Dulcolax 5 mg - 3 tabs (available over the counter) \$3-5

FOLLOW ALL INSTRUCTIONS provided on the document provided titled *“Instructions for your Procedure”*.

ONE WEEK PRIOR TO THE PROCEDURE:

Follow instructions from your doctor on if and when you should stop certain medications. See *“Instructions for your Procedure”* for more Important Information.

ONE DAY PRIOR TO PROCEDURE:

1. Follow the **Clear Liquid Diet** on *“Instructions for your Procedure”*. **NO MORE SOLID FOOD** – only clear liquids.
2. **At 5:00PM** take the following:
 - Drink one (1) bottle of Magnesium Caltrate
 - Take 3 Dulcolax pills.
 - Drink three (3) 8 oz. glasses (24 oz.) of clear liquid or water (see instruction sheet for examples).
3. Stay close to bathroom facilities.
4. Be sure to stay well hydrated. Drink more clear liquids before you go to bed.