

**Department of Medicine
Division of Gastroenterology**



Colonoscopy Bowel Preparation Instructions – Magnesium Citrate & Dulcolax

You are scheduled to have a colonoscopy on _____. Please arrive at _____ to the Endoscopy Center/GIDC on the 4th floor of the Blaustein Building, adjacent to the main hospital

- 1) Purchase two (2) bottles of Citrate of Magnesium (green bottle) and four (4) Dulcolax laxative tablets
- 2) Stop taking aspirin, Coumadin and arthritis medication seven (7) days before the procedure or as directed by physician. Stop taking Plavix five (5) days before the procedure unless directed otherwise.

******If you are taking Coumadin, Plavix or anticoagulants, please contact your primary care physician or cardiologist before stopping them.******

- 3) You may eat breakfast on the day prior to the procedure, but you may have only clear liquids afterwards. Please see the “Clear Liquid Diet” chart on the reverse of this page.
- 4) At 12 noon, drink the 1st bottle of Citrate of Magnesium.
- 5) At 6:00 p.m. drink the 2nd bottle of Citrate of Magnesium,
- 6) At 10:00 p.m. take the 4 Dulcolax Laxative tablets.
- 7) **Do not eat or drink anything after midnight or on the morning of the procedure.**
- 8) You should take any heart and blood pressure medications with a sip of water the morning of the exam.
- 9) Someone must come with you to take you home after the procedure. You will be unable to drive after the procedure.
- 10) Parking is on the Main Visitor Lot, Belvedere and Cylburn Garages. Parking tickets are no longer validated. You must pay to park.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

Please call our office at (410) 601-5392 if you have any questions or concerns.