

Department of Medicine
Division of Gastroenterology



Colonoscopy Bowel Preparation Instructions - 2-day Magnesium Citrate Prep

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 three (3) bottles of Citrate of Magnesium and three (3) Dulcolax tablets from any pharmacy.
- 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 have only clear liquids for the two (2) days before the procedure. You will start clear liquids on _____. Please see the “Clear Liquid Diet” on the reverse of this page.
- 4) You should drink plenty of clear liquids all day.
- 5) At 12 noon on _____, drink one (1) bottle of Citrate of Magnesium. You may dilute this in four (4) ounces of a clear liquid. Continue clear liquids the rest of the day.
- 6) Continue clear liquids on _____.
- 7) At 12 noon on _____, drink the second bottle of Citrate of Magnesium. You may dilute in four (4) ounces of a clear liquid. Continue clear liquids the rest of the day.
- 8) At 6:00 p.m. drink the third (3rd) bottle of Citrate of Magnesium.
- 9) At 9:00 p.m. take the three (3) Dulcolax tablets.
- 10) You may continue clear liquids until midnight.
- 11) **Do not eat or drink anything after midnight.**
- 12) You should take your blood pressure and heart medications with a small sip of water on the morning of the procedure.
- 13) Someone must come with you to take you home after the procedure. You will be unable to drive after the procedure.
- 14) Parking is on the Main Visitor Lot, and in the Belvedere and Cylburn Parking 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.