

## CITRATE OF MAGNESIA PREPARATION FOR COLONOSCOPY

1. Begin a clear liquid diet\* on \_\_\_\_\_

\*Clear liquids include:

Water, soda, punch, apple juice, jello, clear broth.  
**NO COLORED FOODS. NO SOLID FOOD.**

2. On \_\_\_\_\_ take at:

10:00 a.m. Citrate of Magnesia 10 oz.  
5:00 p.m. Dulcolax suppository.

3. At 6:00 p.m. take 4 oz. Citrate of Magnesia.

4. Nothing to eat or drink after midnight.

5. Tap water enemas until returns are relatively clear\* in early A.M. on \_\_\_\_\_.

\*Take as many enemas as necessary (usually 3-4)  
so that there is no formed or solid stool in the  
returns. Returns should be clear.

6. Do not take any aspirin or any aspirin-like products (i.e. Advil, Aleve). You may have Tylenol and Celebrex. If you are on Coumadin or any blood thinners (Ticlid, Plavix) please check with our office at least 2 weeks before the procedure.