

2 Day Bowel Prep for Colonoscopy

A "bowel prep" is done to prepare the bowel for surgery or a procedure. Its purpose is to clear out the bowel of all solid matter. Please follow these instructions. Begin the bowel prep one day before your scheduled procedure.

Your colonoscopy date is: _____ **ON** _____
Take 1 Dulcolax Tablets at Bedtime. Drink one bottle of Magnesium Citrate at 9:00P.M.

You will need these items from a pharmacy:

- Dulcolax Laxatives(3)
- 3 Bottles of Magnesium Citrate

On the Day Before the Colonoscopy (Date) _____

1. Begin drinking only clear liquids. You should not have any solid food or milk products.

These clear liquids are allowed:

- Water
- Ice
- Clear broth or bouillon
- Coffee or tea (no milk or cream)
- Kool-Aid
- Soft drinks
- Jell-O (no red or purple)
- Strained fruit juices (no pulp)
- Popsicles
- Gatorade

More on next page



11:00 am	Drink two bottles of Magnesium Citrate
8:00P.M.	Take 2 Docolax Laxatives with Plenty of fluids.
12:00 midnight	Do not eat or drink anything after 12 midnight. You may gargle but do not swallow any liquid. Do not smoke after 12 midnight.

The Morning of the Colonoscopy

- Do not take your morning medicines the day you are to have the colonoscopy.
- Bring all medicines (in the original containers) you usually take with you to the Surgery Center.

Talk to your doctor or others on your health care team if you have questions at (404) 681-0000.