

Colonoscopy Preparation

Over-the-Counter

Shopping List:

- ✓ Bisacodyl/Dulcolax 5mg pills (x4)
- ✓ Two 10oz Bottles of clear Magnesium Citrate
- ✓ Milk of Magnesia ONLY if you have chronic constipation or do not move your bowels frequently.
- ✓ Baby wipes and diaper cream
- ✓ Gatorade/Powerade - this is used to help you stay hydrated and replenish electrolytes

Procedure Prep

Two days before your procedure: Take four (4) tablespoons of Milk of Magnesia ONLY if you have chronic constipation or do not move your bowels frequently.

One day before your procedure: All day follow a CLEAR LIQUID diet ONLY. AVOID orange, red, and purple beverages.

- **3PM** Take 4 Dulcolax tabs.
- **4PM** Start to drink the first bottle of Magnesium Citrate, then drink at least three 8oz glasses of clear liquid.
- **8PM** Take the second bottle of Magnesium Citrate and again follow with three 8oz glasses of clear liquid.

TWO hours before your time of arrival **STOP** drinking all liquids.

Helpful Tips:

- Please refer to the Home Medication Instructions on the following page or NE Gastro website for information regarding diabetic, heart, blood pressure, blood thinners and certain weight loss medications.
- Remember that the day before your procedure you should avoid solid foods, all dairy products, and alcohol.
- Stay hydrated! Drink at least 6-8 tall glasses of clear liquids in addition to the prep solution.
- If you feel nauseous, try chewing gum, drinking peppermint tea, or sucking on a lemon.
- Drink the laxative through a straw or put on ice to reduce nausea.
- The recommended clear liquids include broths, teas, black coffee, jello, popsicles, water, and sports drinks. Avoid orange, red, and purple beverages.
- You may not start to move your bowels until 2-3 hours after you drink the prep solution, stay close to the bathroom.
- For hemorrhoids, you may use Tucks pads or hemorrhoid cream.