

MARIETTA MEMORIAL HOSPITAL DEPARTMENT OF SURGERY

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DULCOLAX/MAGNESIUM CITRATE BOWEL PREP

Please - no roughage (raw fruits, vegetables, nuts, or whole grains) for two days before the colonoscopy.

*******You will need to purchase three Dulcolax Laxative Tablets and two bottles of Magnesium Citrate*******

THE DAY BEFORE YOUR PROCEDURE:

CLEAR LIQUIDS ALL DAY!

Breakfast, Lunch, and Dinner: All Clear Liquids – Clear soup broth, lemon or lime Jell-O, water, coffee or tea, 7-Up, Sprite, Ginger Ale, banana popsicles, apple juice, white grape juice, white cranberry juice (**nothing red, orange or grape**). No milk or milk products. No alcohol.

****IF YOU ARE DIABETIC, PLEASE USE SUGAR FREE PRODUCTS.****

You will receive a phone call the day before your procedure for your arrival time between noon and 2 p.m. If you are scheduled for a procedure on a Monday, they will call you the Friday before the procedure.

*****FOLLOW THESE STEPS*****

- ✓ Noon to 5 p.m. – **Drink 8-ounces of clear liquids such as water each hour.**
- ✓ 3 p.m. – Drink first bottle of Magnesium Citrate over ice.
- ✓ 4 p.m. – Take three Dulcolax Tablets with a full 8-ounces of water.
- ✓ 5 p.m. – Drink second bottle of Magnesium Citrate over ice.
- ✓ Evening – Drink at least three more 8-ounces of water.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES LIQUIDS, FOOD, BREATHE MINTS, AND CHEWING GUM.

Medications: Do not take Ibuprofen, Aleve, or any NSAIDS five days prior to your surgery. You may take Tylenol. If you use an inhaler, use it the morning of surgery and bring rescue inhaler.

DAY OF PROCEDURE:

- ✓ You may take necessary medications with a sip of water.
- ✓ Go to the Surgery Department the time specified by the Surgery Department.
- ✓ IT IS VERY IMPORTANT TO HAVE SOMEONE DRIVE YOU HOME.



MEMORIAL
HEALTH SYSTEM
Expect More