



Marietta Memorial Hospital Department of Gastroenterology

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Dulcolax/Magnesium Citrate Prep Checklist for Colonoscopy

1 DAY PRIOR TO PROCEDURE

- Begin a clear, liquid diet** (i.e clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.
- 12-5PM:** Drink 8 ounces of clear liquids each hour.
- 3PM:** Drink 1.5 bottles of magnesium citrate over ice.
- 4PM:** Take 3 Dulcolax tablets with an 8 ounce glass of water.
- 5PM:** Drink 1.5 bottles of magnesium citrate over ice.
- 5PM-12PM:** Drink at least 3 additional 8 ounce glasses of water.
- Avoid eating or drinking after midnight.** This includes gum and breath mints.

DAY OF PROCEDURE

- Avoid eating or drinking** unless you have been instructed otherwise.
- Take necessary medications** with a small sip of water.
- Arrive at the hospital** at your specified procedure time.
- Bring a trusted individual with you or have them arrive following your procedure to drive you home. **You are required to have a driver.**



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Frequently Asked Questions:

What can I expect as I ingest the Dulcolax/magnesium citrate prep?

Mild nausea, mild hunger, and/or profuse, watery bowel movements.

When should I go to the emergency room?

Call our office if you are unsure if you should visit the emergency room. Bodily responses that may require you to go to the emergency room involve intolerable nausea/vomiting, intolerable abdominal pain, and/or bloody stools.

May I continue to take my daily aspirin and/or pain medications?

You may take this the day prior to your procedure, but please do not take the day of your procedure.

May I continue to use my inhaler?

Yes. Use your inhaler the morning of your procedure and bring it with you to the hospital.