

## DULCOLAX & MAGNESIUM CITRATE DAY-BEFORE PREP INSTRUCTIONS

Doctor: \_\_\_\_\_ Date of Colonoscopy: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ AM  
PM

Location:  SC Endoscopy Center WC, 131 Summerplace Drive, West Columbia, SC 29169  
 SC Endoscopy Center NE, 11 Gateway Corners Park, Columbia, SC 29203  
 Other: \_\_\_\_\_

### PHYSICIAN REMINDERS:

- On the **DAY BEFORE** your procedure, **ONLY** consume clear liquids, such as:
  - Water
  - Clear broth
  - Apple juice
  - White cranberry juice
  - White grape juice
  - Ginger ale
  - Plain gelatin
  - Frozen juice bars
- On the day before your procedure, **DO NOT** drink any of the following:
  - NO red/purple liquids
  - NO liquids you can't see through
  - NO alcoholic beverages
- Stay hydrated
- Apply a dab of petroleum jelly around anus before and after each bowel movement for added ease and comfort.
- IMPORTANT. DO NOT eat or drink anything after midnight.**

### DAY-BEFORE INSTRUCTIONS:

Prior to your procedure, purchase a box of Dulcolax tablets and two 10 oz bottles of Magnesium Citrate from your local pharmacy.

The day before your procedure, complete all steps below:

**Step 1:** Take two (5mg) **Dulcolax** tablets at:

12:30pm -OR-  3:30pm

**Step 2:** Drink one 10oz bottle of **Magnesium Citrate** at:

1:00pm -OR-  4:00pm

**Step 3:** Take two (5mg) **Dulcolax** tablets at:

4:30pm -OR-  7:30pm

**Step 4:** Drink one 10oz bottle of **Magnesium Citrate** at:

5:00pm -OR-  8:00pm

### OVER THE COUNTER



## IMPORTANT

**Do not eat or drink anything after midnight.**

**Failure to do so may result in the need to reschedule your procedure.**