

MAGNESIUM CITRATE BOWEL PREP

MEDICATIONS TO PURCHASE

- 2 Bottles of Magnesium Citrate
- Dulcolax tablets

*****REMINDER: CLEAR liquids ONLY the whole day before your procedure. No alcoholic beverages. No dairy products.**

DAY BEFORE PROCEDURE

- 8:00am Drink 8oz clear liquids
- 9:00am Drink 8oz clear liquids
- 10:00am Drink 8oz clear liquids
- 11:00am Drink 8oz clear liquids
- 12:00pm Liquid lunch – clear soup, plain gelatin, 8oz clear liquid
- 1:00pm Drink **ENTIRE** 1st bottle of magnesium citrate (10oz)
- 2:00pm Drink 8oz clear liquids
- 3:00pm Take 5 Dulcolax laxative tablets with 8oz clear liquid
- 4:00pm Drink 8oz clear liquids
- 5:00pm Drink 8oz clear liquids
- 6:00pm Liquid supper – clear soup, plain gelatin, 8oz clear liquid
- 7:00-11:00pm Clear liquids only
- 11:00pm Drink **ENTIRE** 2nd bottle of magnesium citrate (10oz)

EXAMPLES OF CLEAR LIQUIDS

Apple juice	Cranberry juice	Grape juice
Cranraspberry juice	Coffee (no dairy)	Tea
Water	Clear sports drinks	Ginger ale
Sprite/7-UP	Club soda	Coke/Pepsi
Mountain Dew	Kool-Aid (no red)	Clear broth
Bouillon	Popsicles (no red, no fruit chunks)	Flavored gelatin (no red, no fruit chunks)

****Your body loses significant amounts of fluid during the bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after the preparation. This will also help to flush out the colon of stool.**

****Your bowel movements should be clear-yellow, liquid stools after a successful prep. If not, please call Dr. Stine's office for further instructions. 812-882-1106**