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Colonoscopy Bowel Prep
MAGNESIUM CITRATE

Goal: To Remove all stool from the colon. This allows visualization of the entire colonic mucosa. This also makes the procedure easier to tolerate.

"THE DAY BEFORE THE TEST"

1. CLEAR LIQUID DIET ALL DAY starting when you wake up. NO SOLID FOOD. (Examples of things you can have: tea, coffee, apple juice, sprite, 7 up, chicken broth and/or beef broth; Jell-O, popsicles; **NOTHING RED OR PURPLE IN COLOR**)
2. Take your medications as you normally do. If you are on **INSULIN OR BLOOD THINNERS** call your nurse@ 812-3303.
3. Drink 1 bottle of magnesium citrate & take 2 Dulcolax® tabs at _____.
4. Drink 1 bottle of magnesium citrate & take 2 Dulcolax® tabs at _____.
5. Drink 1 bottle of magnesium citrate & take 2 Dulcolax® tabs at _____.

NOTHING TO EAT OR DRINK AFTER _____ IF YOU DO NOT COMPLETE YOUR PREP, CALL 318-812-3303 SO THAT YOU CAN GET ANOTHER PREP OR RESCHEDULE.

DATE: _____

1. When you wake up insert the Dulcolax® suppository into your rectum, hold as long as you can then expel.
2. If you normally take blood pressure or heart medicine in the morning, take these with a small sip of water.
3. **MAKE SURE YOU HAVE SOMEONE TO DRIVE YOU HOME!!!!**

If you have any questions, call 318-812-3303.