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## Bowel Preparation Instructions

### Magnesium Citrate Bowel Preparation

Adequate cleansing of the colon is essential for a high-quality colonoscopy. Following these steps will help you to achieve a thorough cleansing.

Notify the physician performing the colonoscopy before you take the bowel preparation if you have problems with your kidneys, heart disease, diabetes or problems with bleeding or clotting.

Notify the physician performing the colonoscopy if you take blood thinning medications including Coumadin/warfarin, Plavix/clopidogrel, Eliquis/apixaban, Pradaxa/dabigatran, Brillinta/ticagrelor), Pletal/cilostazol or Xarelto/rivaroxaban.

#### **3-5 Days Before the Colonoscopy**

Purchase the following medications to take for your bowel preparation:

- Two (2) 10 oz bottles of Citrate of Magnesia (NOT red colored)
- Two (2) Simethicone (Gas-X) 180 mg tablets
- Two (2) Dulcolax (bisacodyl) tablets

#### **The Day Before the Colonoscopy**

It is important to **drink plenty of fluids** throughout the day so that you do not become dehydrated and so that the laxatives will be effective (see instructions on What and What Not to Eat Leading up to Your Colonoscopy)

At **5 pm**: Drink one 10 oz bottle of Citrate of Magnesia and take one simethicone 180 mg tablet along with an 8 oz glass of water or clear liquid

At 6 pm: Take two Dulcolax (bisacodyl) tablets along with an 8 oz glass of water or clear liquid.

Drink at least 3 more eight (8) ounce glasses of clear liquids during the rest of the evening.

#### **On the Day of the Colonoscopy**

At \_\_\_\_\_ am: Drink one 10 oz bottle of Citrate of Magnesia and take one simethicone 180 mg tablet along with an 8 oz glass of water or clear liquid. This must be finished 3 hours prior to your procedure time.

Do Not have anything else by mouth on the day of your procedure except your usual morning medications (unless you were instructed not to take them).