**2 DAYS BEFORE THE COLONOSCOPY:**

**CLEAR LIQUIDS ONLY UNTIL AFTER THE COLONSCOPY**

**NO solid food, red liquids of any kind, dairy products of any kind, or citrus products of any kind.**

**Purchase Over-the-Counter Dulcolax Tablets and Magnesium Citrate Liquid.**

**\*Make sure Magnesium Citrate is not purple or red.**

* **2 days before the colonoscopy**
  + **At 4:00 PM**
    - **Drink 1 bottle of Magnesium Citrate**
    - **Take 3 Dulcolax tablets**
* **The day before the colonoscopy**
  + **Start “The Day Before the Colonscopy” protocol found on the other**

**sheet of paper and summarized below**

|  |  |  |
| --- | --- | --- |
| **2 Days Before** | **The Day Before** | **Colonoscopy** |
| Clear liquids only | Clear liquids only | No liquid/ food other than Bowel Prep Liquid |
| At 4 PM drink 1 bottle of Magnesium citrate and 3 Dulcolax tablets. | At 5 PM drink your Bowel Prep Liquid. Follow directions given to you.  (Bowel Prep Liquid Names are **Suprep** or **Clenpiq** or **Plenvu**) | 4 hours prior to the start of colonoscopy finish drinking the second part of your Bowel Prep Liquid   * Example: colonoscopy at 8 AM = finish drinking liquid by 4 AM |