



SEVERE CONSTIPATION PREP INSTRUCTIONS

The following over the counter products will need to be purchased at any pharmacy:

- Two (2) - 300ml bottles of CLEAR magnesium citrate
- One (1) -Box of 5mg Dulcolax tablets (for prep purposes you will be taking 4 tablets)
- One (1) -Box of 10mg Dulcolax suppositories (for prep purposes you will only be using 2 suppositories)

Two (2) days before your procedure on (_____ & _____) You will be on a **CLEAR LIQUID DIET. NO SOLID FOODS SHOULD BE CONSUMED.**

Two (2) days before your procedure on _____ you will **complete the following additional preparation instructions:**

In the MORNING AT 6:00 AM

1. Drink one (1) 300 ml bottle of clear magnesium citrate
2. Take two (2) Dulcolax 5mg tablets
3. Use one (1) Dulcolax 10mg suppository

One (1) day before your procedure on _____ you will **complete the following additional preparation instructions:**

In the MORNING: 6:00 AM

1. Drink one (1) 300ml bottle clear of magnesium citrate
2. Take two (2) Dulcolax 5mg tablets
3. Use one (1) Dulcolax 10mg suppository

Make sure each dose is taken at least 12 hours apart. (Example: Dose one at 6am two days before your procedure, then your second dose at 6am the day before your procedure). **Make sure you drink plenty of clear liquids throughout your preparation**

REMINDER: You will be on a **CLEAR LIQUID DIET ALL DAY** on _____ & _____.) Please reference the attached Outpatient Colonoscopy Preparation Sheet for your clear liquid diet restrictions and instructions on how to complete the liquid colonoscopy preparation kit (prescription sent to your local pharmacy).