

## **Supplemental Instructions for Colonoscopy Preparation**

These supplemental bowel preparation instructions are meant for patients with a history of constipation or have had difficulty fully evacuating their bowels for other exams. The laxative preparation starts two days before the exam.

Items you will need in addition to the standard prep instructions

**2 Dulcolax tablets  
1 10 oz. Bottle of Magnesium Citrate**

***Purchase over the Counter***

**1. FIVE DAYS BEFORE YOUR EXAM DO NOT EAT NUTS, SEEDS, POPCORN, CORN OR SKINS OF RAW FRUIT AND VEGETABLES. ALSO STOP IRON SUPPLEMENTS 5 DAYS PRIOR. (Multivitamin with iron may be continued).**

**2. Two days before the exam, \_\_\_\_\_.**  
Date, Day

- **You may have a full liquid diet only today.**

### **Full Liquids**

The following are examples of full liquids. You may have as much of these foods as you want for supper.

vegetable juices	oatmeal	grits/ cream of wheat	all beverages
pudding/custard	fruit juices juice	mashed potatos/gravy	Slimfast
sherbert	milkshakes	cream soups	Boost
milk	ice cream	Ensure	yogurt
Jello	sugar/honey	hard candy	

- **At 5 PM** take 2 Ducolax tablets.



- **At 7 PM**, Drink 10 oz of magnesium Citrate



**3. Continue with the standard instructions attached.**

**Please avoid using alcoholic beverages while preparing for your exam.**