



valley
GASTROENTEROLOGY
ASSOCIATES



VGA
center for
Obesity Medicine

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 (purchase over the counter):

2 Dulcolax tablets

1 10 oz. Bottle of Magnesium Citrate

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, _____

Day, Date

- You may have a FULL LIQUID DIET ONLY. These are examples of full liquids. You may have as much of these foods as you like:

Vegetable Juices	Oatmeal	Grits/Cream of Wheat	All beverages
Pudding/custard	Fruit juices	Mashed potatoes/gravy	Slimfast
Sherbet	Milkshakes	Cream soups	Boost
Milk	Ice cream	Ensure	Yogurt
Jello	Sugar/honey	Hard candy	

- At 5:00 pm, take the 2 Dulcolax tablets.
- At 7:00 pm, drink the 10 oz. of magnesium citrate.

3. Continue with the standard instructions attached.

Please avoid using alcoholic beverages while preparing for your exam.