

TWO DAY PROCEDURE PREP

FOLLOW THE PREP INSTRUCTIONS BELOW AND NOT THE ONES ON THE BOX:

What you will need to successfully complete this Prep:

- One bottle of **Magnesium Citrate** - Over the Counter (refrigeration may help the taste)
- Simethicone 180mg Soft-Gel Tablets - 180mg (Examples: Gas-X, Phazyme, Mylicon)
- Clear Liquid Suggestions - Located in Colon Brochure
- Colon preparation: _____ which is called into your pharmacy.
If you are taking the Miralax Prep, this is over the counter.

TWO DAYS BEFORE YOUR PROCEDURE:

- Drink the entire bottle of Magnesium Citrate at 6pm on _____.
- Follow by 1 full glass of clear liquid. Drink at least one 8oz glass of clear liquid every hour. *After this, no solids, dairy products or anything red or purple. You are to be on a clear liquid diet.*
- Follow clear liquid diet the remainder of the night.

THE DAY BEFORE YOUR PROCEDURE:

- Remain on a clear liquid diet for the whole day. Then follow the prep instructions given by the office for the prescribed prep. (Preps: Miralax, MoviPrep, SuTab, SuPrep, Osmoprep, Plenvu, Clenpiq).