

Gastroenterology

2-Day Bowel Prep

Purchase at the pharmacy: *These items are to be purchased in addition to the PREP solution*

- One (1) bottle of Magnesium Citrate
- One (1) small box of Dulcolax tablets (purchase the laxative not the stool softener).

Bowel Preparation Instructions:

Day 1: Two (2) days before your procedure, have a light breakfast. After breakfast, have CLEAR LIQUIDS ONLY (no solid food). Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include: water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.

Day 1: at 6:00 PM, take one (1) Dulcolax tablet and 15 minutes later,
take one (1) more Dulcolax tablet.

Day 1: at 6:30 PM, drink 1 bottle of Magnesium Citrate.

Day 2: remain on clear liquid diet.

Day 2: follow SUPREP or MIRALAX PREP instructions.

Prep Guide

	Dark and murky
	Brown and murky
	Dark orange and semi-clear
	Light orange and mostly clear
	Yellow and clear

Contact the on-call Gastroenterologist (941-262-0400) if any problems arise during the bowel preparation process.