



PREPARATION FOR YOUR VIRTUAL COLONOSCOPY

ITEMS TO PURCHASE

- 1. DULCOLAX MAGNESIUM CITRATE (10 oz)**
- 2. DULCOLAX (BISACODYL) TABLETS**
- 3. DULCOLAX (BISACODYL) SUPPOSITORY**

DAY BEFORE YOUR EXAM

12:00 PM (noon)

Begin clear liquid diet: water, coffee, tea, yellow gelatin, clear sodas and broth.
NO alcoholic beverages, bread, fruit, vegetables, milk or milk products, or artificial milk products.

Drink 8 to 10 glasses of water during the day to help ensure a successful colonoscopy procedure.

4:00 PM

Drink one whole bottle of DULCOLAX MAGNESIUM CITRATE (10oz.)

5:00 PM

Clear liquid supper.

6:00 PM

Take up to (4) DULCOLAX (BISACODYL) tablets (if not contraindicated). Do not chew or crush. Tablets should be swallowed whole and not taken within one hour of antacids or milk.

12:00 AM – ON

Nothing to eat or drink after midnight (may take regular medications if any with a small amount of water).

DAY OF EXAMINATION

No breakfast (may take regular medications if any with a small amount of water).

5:30 AM

Insert DULCOLAX (BISACODYL) suppository in rectum and retain for 20 minutes if possible.