

## **PATIENT INSTRUCTIONS: BEFORE YOUR VIRTUAL COLONOSCOPY**

### **ITEMS TO PURCHASE:**

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

### **DAY BEFORE YOUR EXAM**

#### **12:00PM (NOON)**

Begin clear liquid diet: water, coffee, tea, yellow gelatin, clear sodas and broth.

NO alcoholic beverages, bread, fruit, vegetables, milk, milk products or artificial milk products.

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

#### **4:00PM**

Drink one whole bottle of magnesium citrate (10oz)

#### **5:00PM**

Clear Liquid Supper

#### **6:00PM**

Take up to (4) Dulcolax tablets (if not contraindicated). Do NOT chew or crush.

Tablets should be swallowed whole and not taken within one hour of antacids or milk.

#### **12:00AM-ON**

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

#### **5:30AM**

Insert Ducolax (bisacodyl) suppository in rectum & retain for 20 minutes, if possible.

### **DAY OF EXAMINATION**

No breakfast (may take regular medication, if any, with a small amount of water)