

## Gastroenterology Consultants of Long Island

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John M. Costable MD, FACG  
2001 Marcus Avenue – Ste. 240E  
New Hyde Park, NY 11042

Ian M. Storch, DO, FACP, FACG  
Phone: (516) 673-4801  
Fax (516) 673-4803

### **Colonoscopy- Magnesium Citrate Prep**

On the preparation day (the day before the colonoscopy)

- 1) Stay on a clear liquid diet the ENTIRE DAY (breakfast, lunch, dinner).
  - a. DO NOT EAT ANY SOLID FOODS OR USE MILK OR MILK PRODUCTS.
- 2) At 11AM take 3 ducolax tablets with a glass of water or juice.
- 3) At 12 noon take 1 bottle of magnesium citrate.
- 4) At 6 pm, take the other bottle of magnesium citrate.
- 5) Clear liquids can be continued until midnight- Nothing to drink after Midnight or on the morning of the procedure.
- 6) If you take heart medication or blood pressure pills you can take it with small sips of water on the day of the test.
- 7) Someone must drive you home from the procedures secondary to anesthesia.