

## Additional Instructions for your Colonoscopy

*Your Gastroenterologist believes it is  
important for you to take an additional  
prep solution to help clean out your colon  
for this procedure.*

### 3 Days before your colonoscopy.....

- If you take fiber supplements on a regular basis, stop taking them until after the procedure is complete.

### 2 Days before your colonoscopy.....

- Purchase a 12 oz. Bottle of **Citrate of Magnesium.** This is an over-the-counter medications and can be purchased at any pharmacy.
- **Drink the entire bottle.**
- This will help move your bowels and give a clean prep for the colonoscopy.
- Follow the instructions as directed on the Colonoscopy Checklist for the remainder of your preparation for the colonoscopy.

**\*\*\*If you find you have not had a bowel  
movement before you start with the  
instructions on the Colonoscopy Checklist,  
call the on-call doctor  
877-722-7098**