



Naugatuck Valley  
Gastroenterology  
Consultants, LLC

**Robert I. Leventhal, MD**  
**Thomas A. Rockoff, MD**  
**Anthony N. Schore, MD**  
**Jessica Pelletier, PA-C**

**Eileen S. Paradis, MBA**  
Administrator

166 Waterbury Road  
Suite 104  
Prospect, CT 06712

203.756.6422 office  
203.756.2448 facsimile

[www.planetgi.com](http://www.planetgi.com)

## TWO DAY PREP FOR COLONOSCOPY - MAGNESIUM CITRATE

You will need 2 bottles of Magnesium Citrate (10oz each) and 3 Dulcolax tablets.

### TWO DAYS BEFORE THE PROCEDURE:

**Diet:** Clear liquid diet (no bread, fruit, milk, meat or vegetables). You may have ginger ale, 7-UP, Sprite, clear broth, Jell-O (no red or purple Jell-O), non-dairy sherbet, clear juice (apple juice, cranberry juice, white grape juice), black coffee or black tea. Ensure, a dietary supplement, which you can purchase at your pharmacy, may be taken during this diet in any quantity. You must drink at least 8 (8 oz) glasses of clear liquid during the course of this day.

**Magnesium Citrate:** Drink one (1) 10oz bottle in the afternoon after returning from home from your day, as diarrhea will follow in about an hour.

### DAY BEFORE THE EXAMINATION:

Clear liquid diet from the time you wake up. NO dairy products.

**12pm noon-** Drink the 2<sup>nd</sup> bottle of magnesium citrate.

**2pm-** Take 3 dulcolax tablets.

### DAY OF EXAMINATION:

NOTHING TO EAT OR DRINK ON THE DAY OF THE EXAMINATION.

\_\_\_\_\_ Waterbury Surgery Center

1312 West Main St. Waterbury, CT

\_\_\_\_\_ Waterbury Hospital

60 Robbins Street, Waterbury, CT

(Proceed to GI Endoscopy Unit -1st Floor)

**Note:** Because you received sedation, you can not be discharged after the procedure unaccompanied!! **An adult companion must be present to bring you home.**

DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_