

### 48 hour Preparation using Citrate™

**Notice:**

- ✓ Your scheduled procedure will take place at our surgical center :  
***The Endoscopy Center of New York***  
***201 East 93<sup>rd</sup> Street ( Corner of 3<sup>rd</sup> Avenue ) 2<sup>nd</sup> Floor***  
***Please arrive 30 minutes prior to your appointment***

**Warnings:**

- ✓ Please inform this office in advance if you have congestive heart failure, kidney failure, chronic constipation, or have had an inadequate bowel preparation for a previous colonoscopy.

**Purchase (over-the-counter):**

- ✓ **Dulcolax tablets**
- ✓ **Magnesium Citrate™** 10 oz (2 bottles)
- ✓ **Tucks wipes™**(over the counter, optional)
- ✓

**These instructions should be followed PRIOR to taking your prescribed laxative**

**48 hours prior to your colonoscopy start a diet of clear liquids. Do not eat any solid foods until AFTER your colonoscopy.**

**On: TWO DAYS BEFORE PROCEDURE at 12:00 noon take 2 Dulcolax tablets**

**On: TWO DAYS BEFORE PROCEDURE at 3:00 PM Drink 10 oz of Citrate of magnesia**

**On: TWO DAYS BEFORE PROCEDURE at 6:00 PM Drink 10 oz of Citrate of magnesia**

**Do not drink Alcohol or anything that is red or blue**

**A liquid diet consists of clear liquids. You may have:**

- Black coffee (no milk or cream),
- plain tea (no milk or cream),
- soft drinks, sports drinks (e.g. Gatorade),
- strained fruit juices (no pulp),
- water,
- clear juice,
- bouillon/broths,
- popsicles,
- Jell-O.
- No liquids that are red or blue.
- No alcohol.
- **NO LIQUIDS WITH RED/BLUE/PURPLE COLORING**
- ***Please arrive 30 minutes prior to your appointment time***

**Continue your preparation by following the instructions provided with your prescribed laxative.**