48 hour Preparation using Citrate™

**Notice:**
- ✓ Your scheduled procedure will take place at our surgical center:
  - *The Endoscopy Center of New York*
  - 201 East 93rd Street (Corner of 3rd Avenue) 2nd 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)

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These instructions should be followed PRIOR to taking your prescribed laxative

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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.