At your local pharmacy, pick up 1 10 ounce bottle of Citrate of Magnesia and 2 Fleet enemas.

THE DAY BEFORE YOUR COLONOSCOPY:
1. At 8 pm drink the bottle of Citrate of Magnesia.

THE MORNING OF YOUR PROCEDURE:
1. Please follow a clear liquid diet the day of your procedure. Additional information on the clear liquid diet can be found on the enclosed “General Instructions”.

2. Use one Fleet enema 2 HOURS prior to the time of arrival of your procedure.

3. Use the second Fleet enema 20 – 30 minutes after the first enema.

4. Please do not have anything by mouth 4 HOURS before your procedure.