

One Day Milk of Magnesia Prep

Date: _____

Arrival Time: _____

Before the procedure, buy:

One (1) bottle of Milk of Magnesia (12 ounces, any brand), one (1) package of 5 mg Dulcolax stimulant laxatives (eight pills, not the stool softeners), one (1) small package of Gas-X (Simethicone 125mg), at least three (3) tablets.

**Two
days
before**

1

Take two (2) tablespoons of Milk of Magnesia at bedtime.

**Before 10 am
one day
before**

2

You can have a light breakfast before 10 am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Clear liquids only after 10 am.

**At 2 pm, 5 pm,
and 8 pm
one day before**

3

Take four (4) tablespoons of Milk of Magnesia and two (2) Dulcolax tablets at each time frame. Drink at least 1-2 glasses of clear liquid every hour while awake.

**Five hours
before
procedure**

4

Take four (4) tablespoons of MOM and two (2) Dulcolax tablets and three (3) chewable Gas-X tablets. Rinse medication down with one (1) glass of clear liquid.

**Four hours
before
procedure**

5

Do not drink any liquids four (4) hours before your procedure. Do not chew gum or suck on hard candy.